

ZONES OF REGULATION



BLUE ZONE
Low State of Alertness

- Bored
- Tired
- Sad
- Disappointed
- Sick
- Depressed
- Shy



GREEN ZONE
Ideal State of Alertness

- Happy
- Positive
- Thankful
- Proud
- Calm
- Content
- Ready to Learn



YELLOW ZONE
Heightened State of Alertness

- Excited
- Silly
- Annoyed
- Worried
- Embarrassed
- Confused
- Nervous



RED ZONE
Extremely Heightened
State of Alertness

- Upset
- Angry
- Aggressive
- Mad
- Elated
- Terrified
- Out of Control