

# How do I feel?

Sometimes it's hard to understand how we really feel.

Zones of regulation can help you to recognise your feelings, and then think about what to do to help you to self-regulate.

## The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
<p>Sad Sick Tired Bored Moving Slowly</p>	<p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>Mad/Angry Mean Terrified Yelling/Hitting Out of Control</p>

The ideal zone to be in is the **Green** zone. This is when you are calm and able to manage things like learning.

If you think that you are in the **Yellow** zone, **Blue** zone or **Red** zone, then have a look at the Self-regulation page.