

My Zones of Regulation – use this to create your own zones help-sheet

THE ZONES OF REGULATION®

BLUE ZONE

Bored, Hurt, Exhausted, Sick, Tired, Sad

Blue Zone Tools

Stretch

GREEN ZONE

Calm, Good, Proud, Okay, Ready to Learn, Content

Green Zone Tools

Drink water

YELLOW ZONE

Frustrated, Anxious/Worried, Excited, Silly, Overwhelmed, Scared

Yellow Zone Tools

Deep breaths

RED ZONE

Aggressive, Mean, Terrified, Mad, Angry, Yelling

Red Zone Tools

Take a break

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