

What are the Zones?

BLUE Zone- used to describe **low states of alertness** and down feelings. Your body is **moving slowly or sluggishly**. Feeling **sad, tired, sick, bored, hurt** etc...





GREEN Zone- used to describe a **calm state of alertness**. Your body is **alert and 'good to go'**. Feeling **happy, calm, content, focused, ok** etc...

YELLOW Zone- used to describe a **heightened state of alertness with elevated emotions** and **starting to lose some control**. Feeling **frustrated, nervous, confusion, stress, silliness, 'the wiggles'** etc.....

RED Zone- used to describe **an extremely heightened state of alertness with very intense emotions**. You are **not in control of your body**. Feeling **rage, panic, terror, devastation, extremely silly** etc....



The **ZONES** of Regulation®

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



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