

Zones of Regulation



Write feelings and activities for each zone.

Blue Zone: for sad, tired, bored

How I might feel: _____

What helps me: _____

Green Zone: happy, calm, ready

How I might feel: _____

What helps me: _____

Yellow Zone: worried, excited, silly

How I might feel: _____

What helps me: _____

Red Zone: angry, out of control, scared

How I might feel: _____

What helps me: _____

