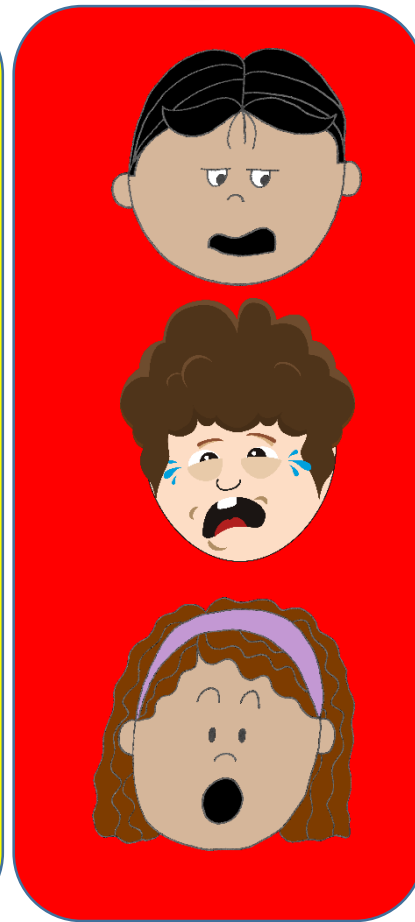
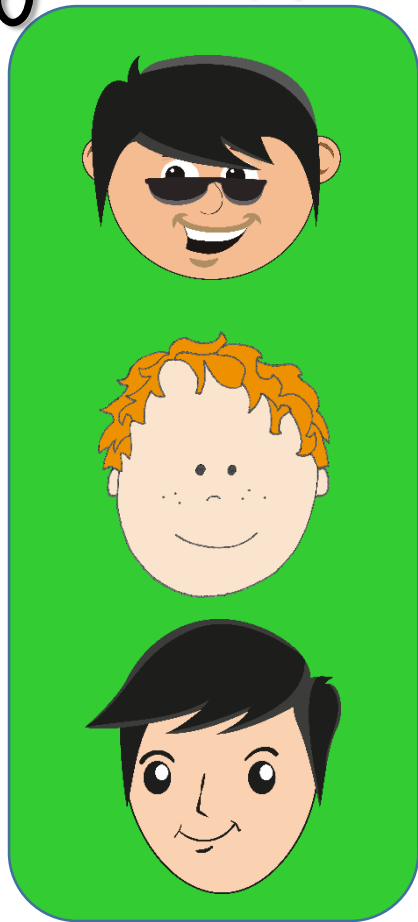
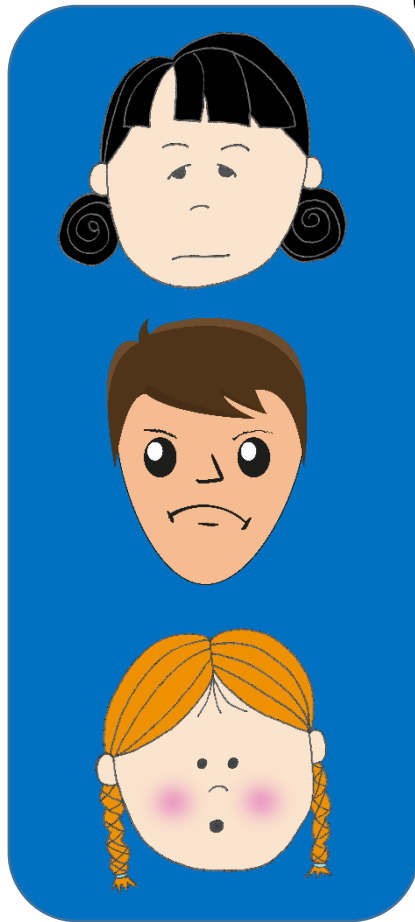


Regulation ZONES

The Zones of regulation is a curriculum designed to foster Self-Regulation and Emotional Control.

Use the posters below as part of your morning routine, classroom management strategy or a poster in your class.

Regulation ZONES



Blue Zone

Sad Tired
Sick Bored
Moving Slowly

Green Zone

Happy Calm Focused
Feeling Okay
Ready to Learn

Yellow Zone

Loss of Control
Silly Excited Wiggly
Worried Frustrated

Red Zone

Mean Terrified
Out of Control
Yelling Mad Angry

How are YOU feeling today?



Blue Zone

Sad Tired
Sick Bored
Moving Slowly

Green Zone

Happy Calm Focused
Feeling Okay
Ready to Learn

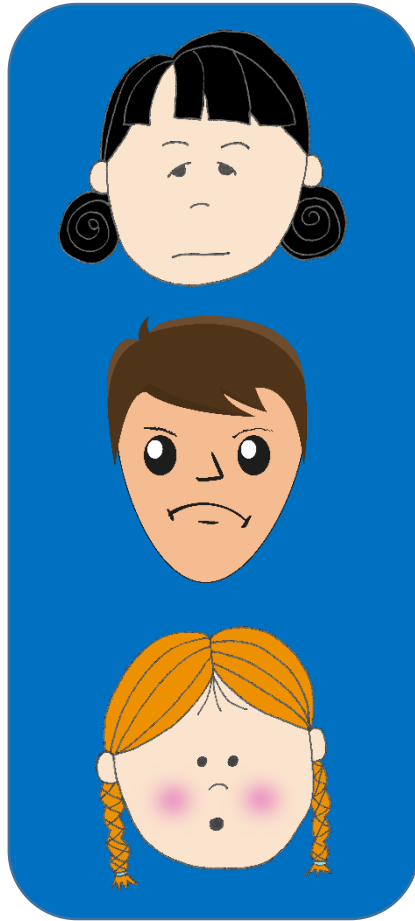
Yellow Zone

Loss of Control
Silly Excited Wiggly
Worried Frustrated

Red Zone

Mean Terrified
Out of Control
Yelling Mad Angry

How are YOU feeling right now?



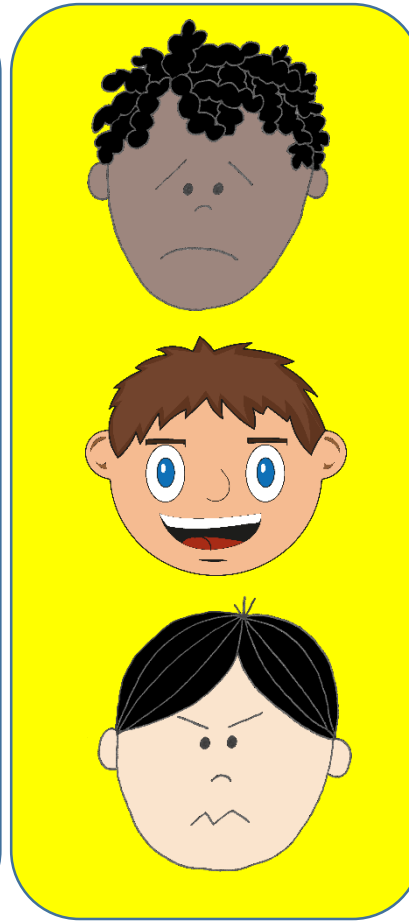
Blue Zone

Sad Tired
Sick Bored
Moving Slowly



Green Zone

Happy Calm Focused
Feeling Okay
Ready to Learn



Yellow Zone

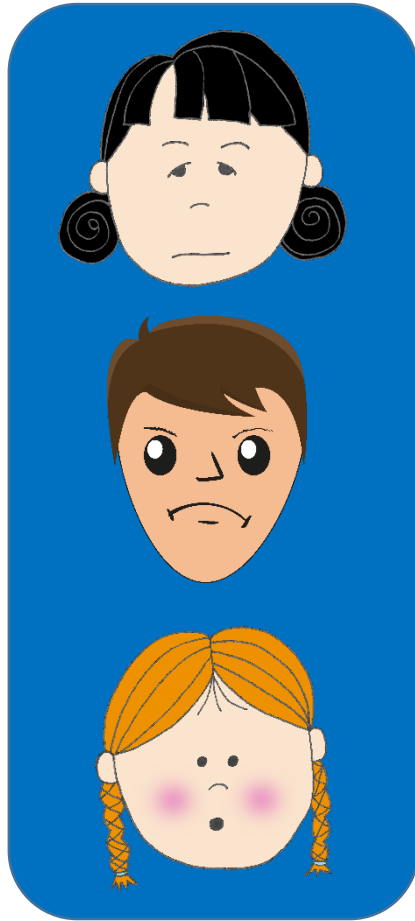
Loss of Control
Silly Excited Wiggly
Worried Frustrated



Red Zone

Mean Terrified
Out of Control
Yelling Mad Angry

How are YOU feeling?



Blue Zone

Sad Tired
Sick Bored
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Green Zone

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Mean Terrified
Out of Control
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Regulation ZONES

Clip Art By Rebekah Brock

<http://www.teacherspayteachers.com/Store/Rebekah-Brock>

Amazing Fonts by Sarah Barnett

www.teacherspayteachers.com/store/simply-steam-by-sarah-barnett

The Zones of Regulation Curriculum is written and created by Leah M. Kuypers, MA Ed. It is definitely worth the read.