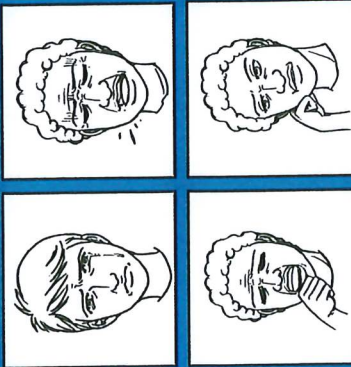

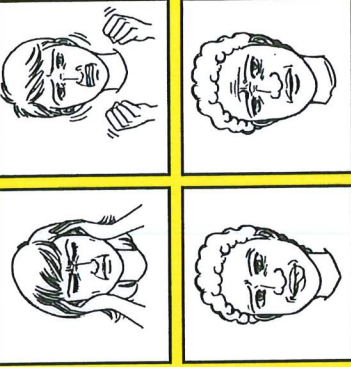
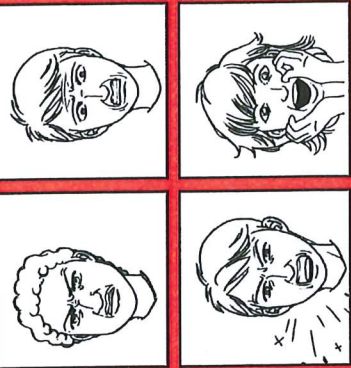


The ZONES of Regulation®

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

Which **ZONE** Would I Be In?

All of the zone colors are okay. There are times when you will be in different zones. Think about times that you expect you would be in the Blue, Green, Yellow, or Red Zone.

I experience all the Zones!

Times I may be in the **BLUE** ZONE...

Times I may be in the **GREEN** ZONE...

Times I may be in the **YELLOW** ZONE...

Times I may be in the **RED** ZONE...

_____ 's **Toolbox**

Blue Zone Tools

Green Zone Tools





Yellow Zone Tools

Red Zone Tools

Tools for Each of My ZONES

When I feel...

I can try...

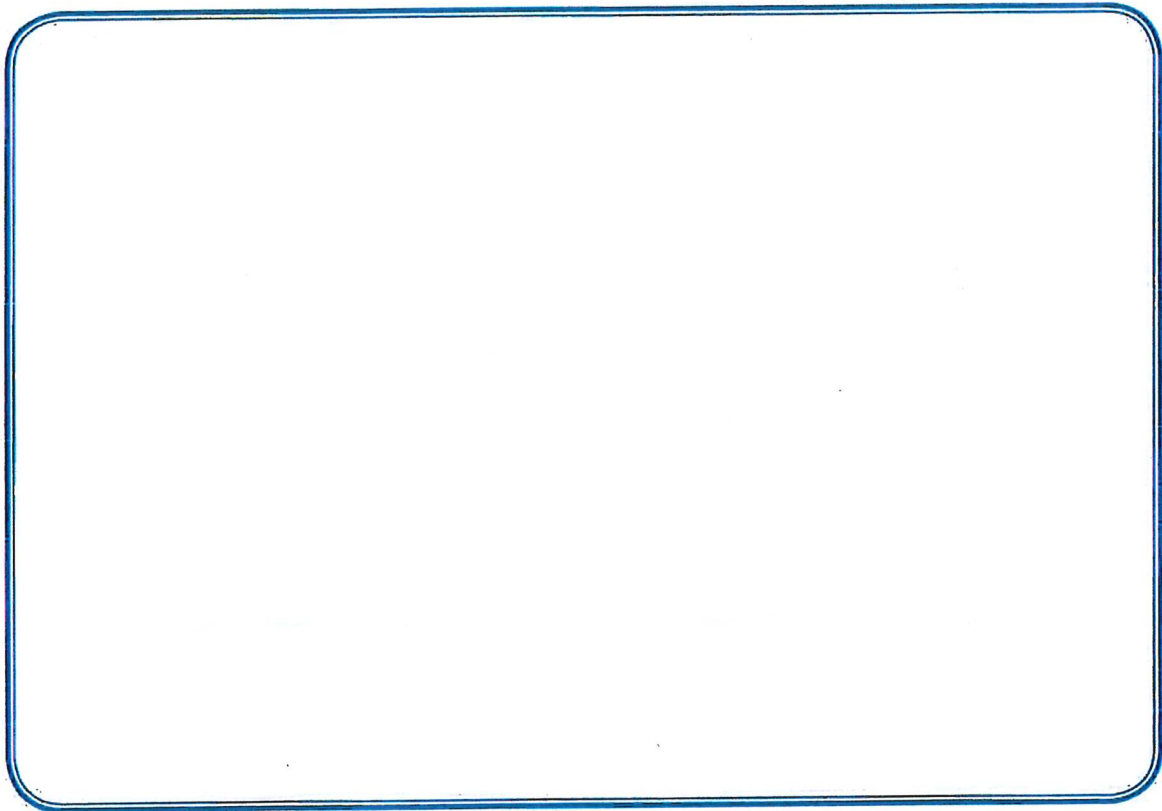
<p>Tired or Sad</p> 	
<p>Calm or Happy</p> 	
<p>Frustrated or Silly</p> 	
<p>Angry or Mad</p> 	

Adapted for The Zones of Regulation® from the original work of Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com.

Name: _____



This is a picture of me in the **BLUE ZONE**:



My face and body clues are:







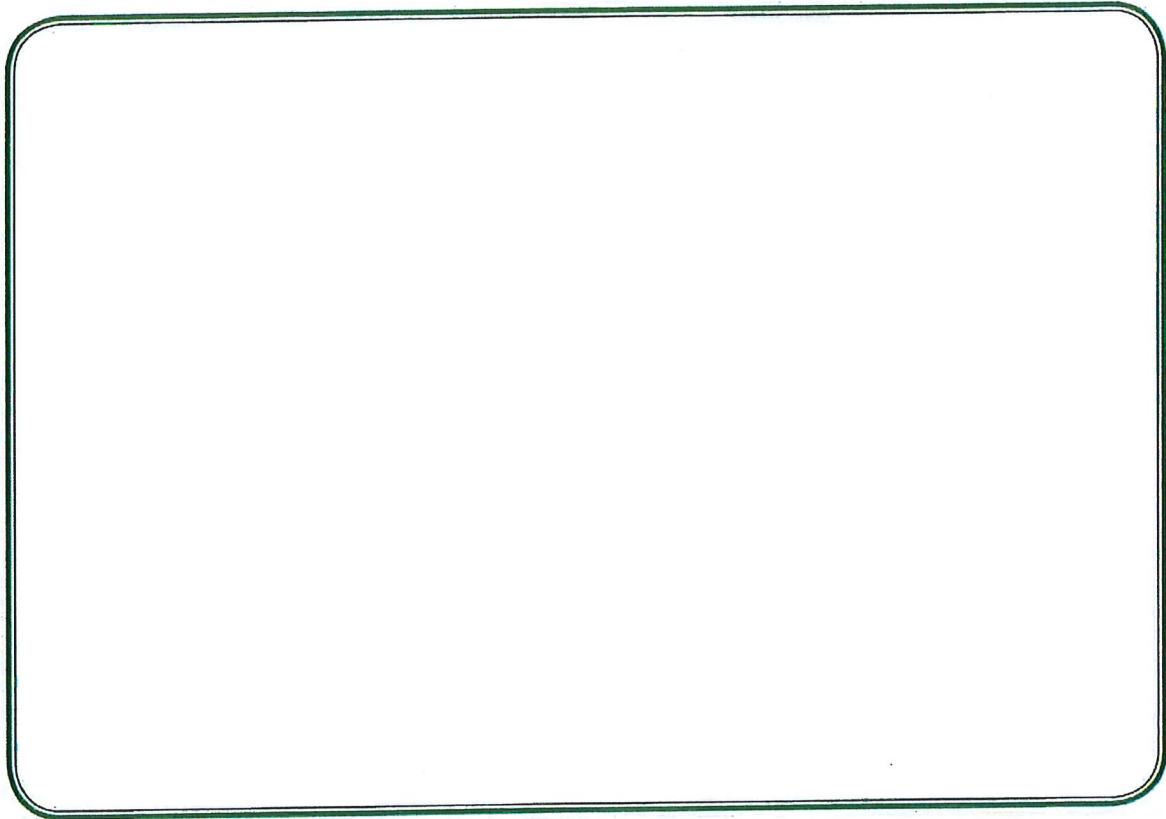
I feel in the **BLUE ZONE** when:

I am more likely to make others feel:

Name: _____



This is a picture of me in the GREEN ZONE:



My face and body clues are:







I feel in the GREEN ZONE when:

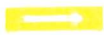
I am more likely to make others feel:

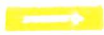
Name: _____



This is a picture of me in the **YELLOW ZONE**:

My face and body clues are:







I feel in the **YELLOW ZONE** when:

I am more likely to make others feel:

Name: _____



This is a picture of me in the **RED ZONE**:

My face and body clues are:







I feel in the **RED ZONE** when:

I am more likely to make others feel:



Inner Coach

Inner coaches help us use positive self-talk to give us the courage and strength to get through stressful situations.

Difficult times I may need my inner coach are:

My inner coach reminds me to use strategies to keep myself calm.

To help me get to the Green Zone, my inner coach reminds me to:

My inner coach also helps to keep positive thoughts in my head so I can be successful.

My inner coach might say to me:

Inner Critic



Inner critics use negative self-talk that get us nowhere. It puts defeating thoughts in my head.

Times my inner critic gets to me:

My inner critic does not help and instead ends up making a situation worse.

My inner critic might say to me:

I am in control of who I listen to—the inner coach or inner critic.

I can use my inner coach to defeat my inner critic by telling it:

Blue



Hurt



Sad



Depressed



Tired



Sick



Bored



Exhausted



Shy



Green



Good



Calm



Appreciated



Proud



Thankful



Happy



Good Listener



Ready to Learn



Focused



Okay



Relaxed



Content



Yellow



Excited



Frustrated



Nervous



Anxious/Worried



Silly



Annoyed



Overwhelmed



Scared



Jealous



Upset



Uncomfortable



Confused



Embarrassed



Grouchy/Crabby

Red



Mean



Mad



Yelling



Angry



Aggressive



Terrified





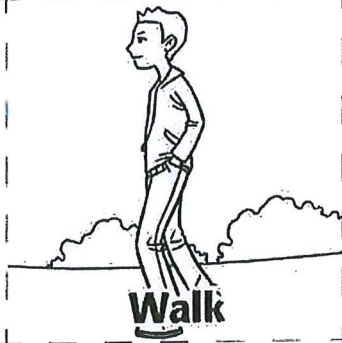


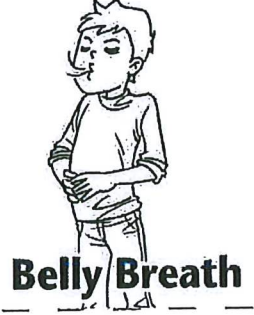


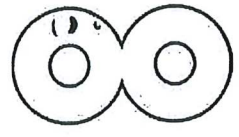

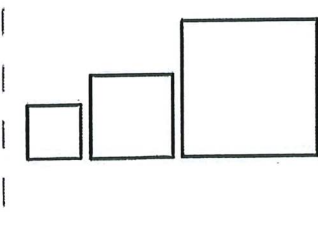

Out of Control



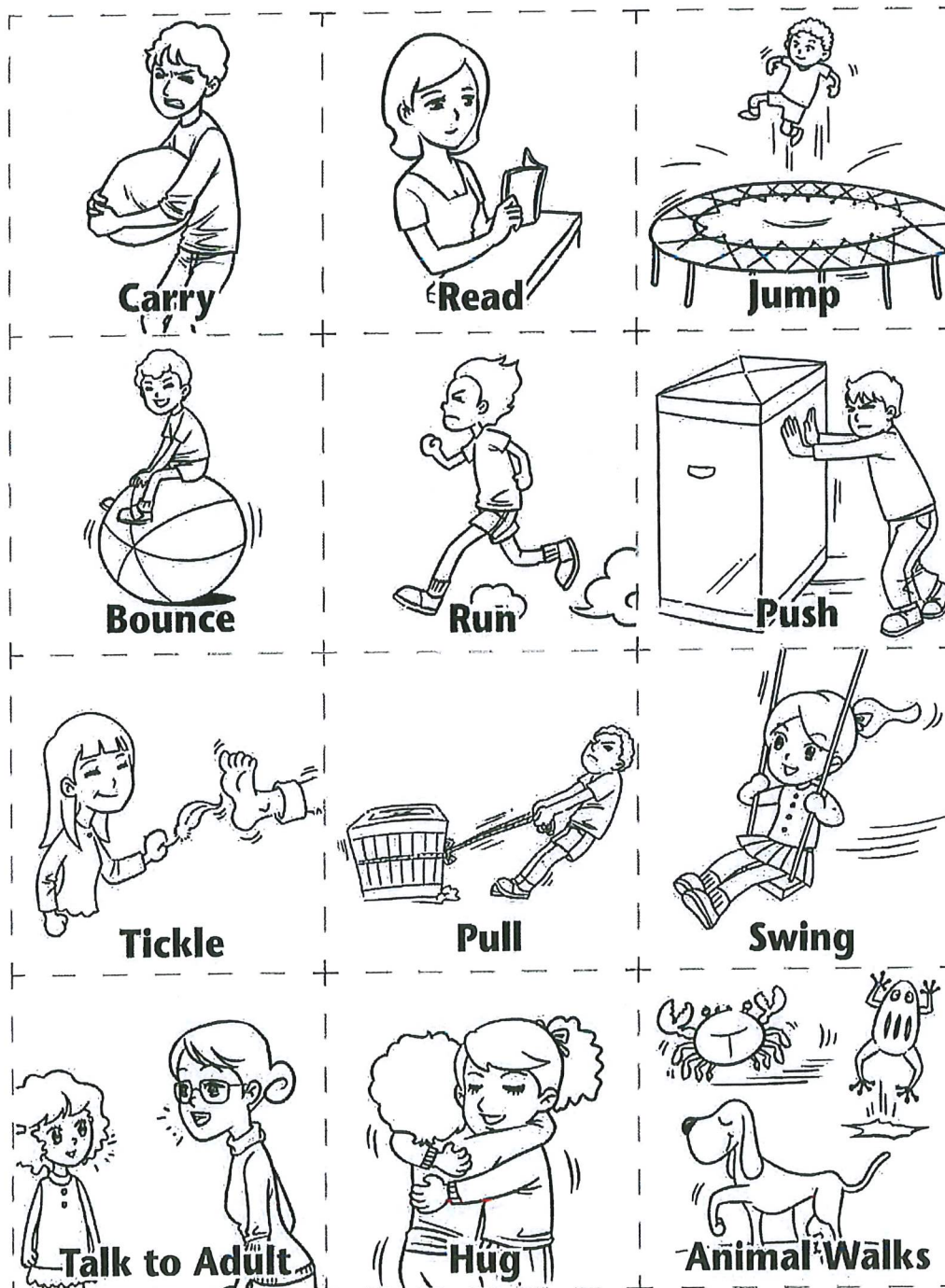
Elated



ZONES Tools Menu

 <p>Listen to Music</p>	 <p>Squishes</p>	 <p>Walk</p>
 <p>Jumping Jacks</p>	 <p>Shoulder Rub</p>	 <p>Belly Breath</p>
 <p>Inner Coach</p>	 <p>Take a Break</p>	 <p>Lazy 8 Breathing</p>
 <p>Fidget Ball</p>	 <p>Size of Problem</p>	 <p>Six Sides of Breathing</p>

ZONES Tools Menu

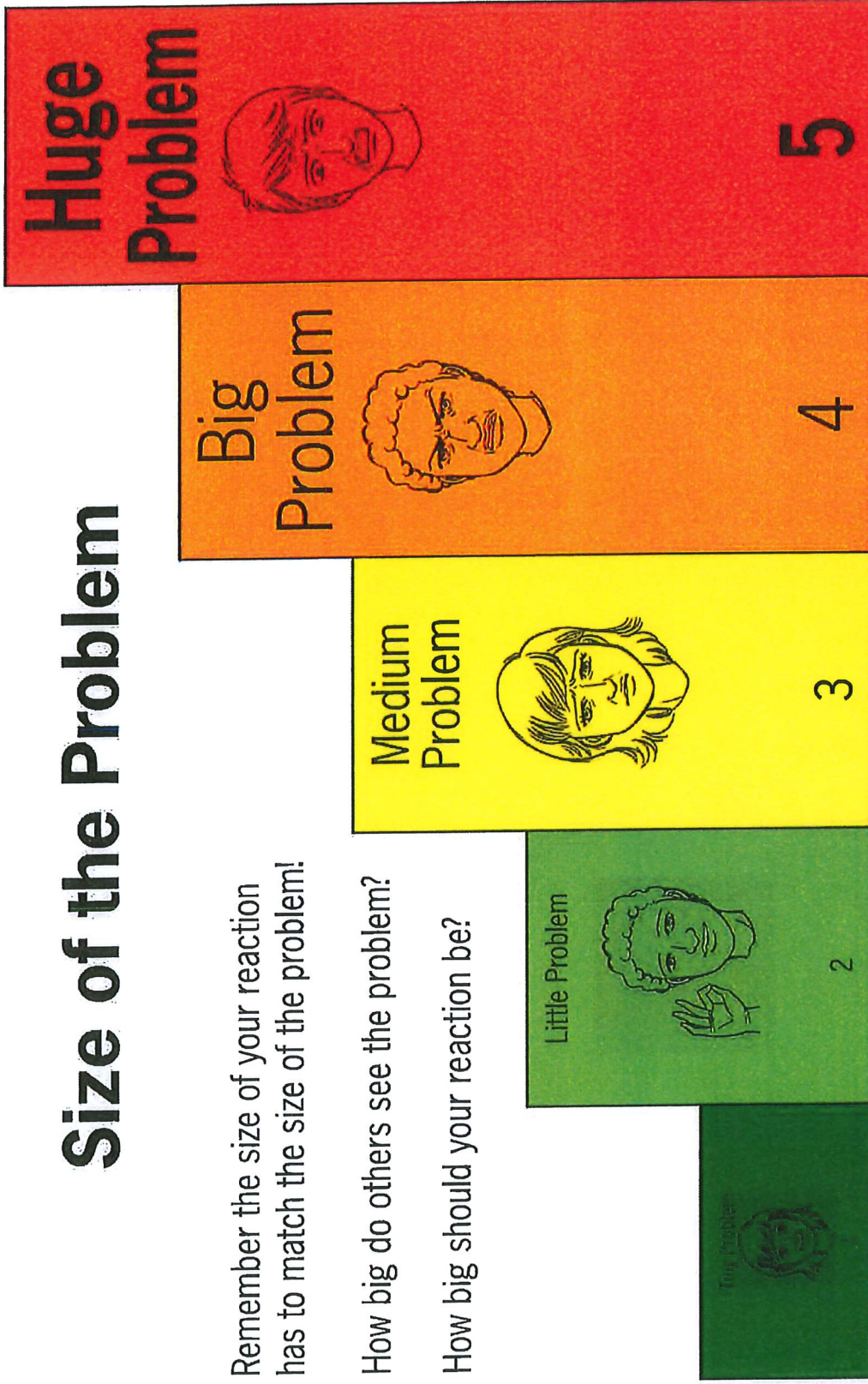


Size of the Problem

Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



Visual adapted by Leah Kuypers, Donna Brittain and Jill Kuzma for The Zones of Regulation® from the original work of Winner's Think Social! (2005), pages 44-45, www.socialthinking.com, and Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com

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