

INSIDE OUT

ZONES OF REGULATION CHART

ZONES OF REGULATION

BLUE ZONE



SICK
SAD
BORED
TIRED
MOVING SLOW

I slouch and sigh.
I yawn or rub my eyes.
I move slowly.
I have a sad face or cry.

GREEN ZONE



HAPPY
CALM
FOCUSED
RELAXED
READY TO LEARN

I sit up straight.
I see and hear everything clearly.
I smile and respond politely.

YELLOW ZONE



FRUSTRATED
WORRIED
SILLY
NERVOUS
EXCITED

I squirm and fidget in my seat.
I roll my eyes and furrow my brows.
I cross my arms.

RED ZONE



ENRAGED
HYSTERICAL
TERRIFIED
DEVASTATED
OUT OF CONTROL

I scream or yell.
I hit or kick.
I lose control.
I stomp my feet.
I cry.

How I Look or Act