

The Zones of Regulation





Green Zone



Yellow Zone

WORRIED



**TOO
EXCITED**



Red Zone



Out of Control



MAD



Hitting



I'M SICK



So tired



BOOORING



Blue Zone



Take Space

Counting

Drink Water

Music

Pencil/Pen

Deep Breaths

Organized work space

Have a snack

Deep Breaths

paper/notebook

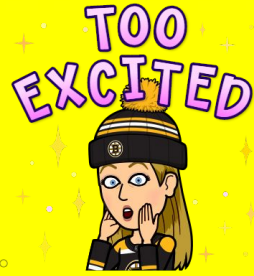
Fidget

Sitting upright

fidget

Have water

Start my assignment



WORRIED



Take space

Go for a walk

Take space

Talk to
someone

Listen to music

Wall push ups

Listen to music

Listen to music

Go for a walk

Deep breaths

Go for a walk

fidget



Out of Control



MAD



Hitting

Go for a walk

Use sensory room

Take space

Listen to music

Go for a walk

Talk to someone

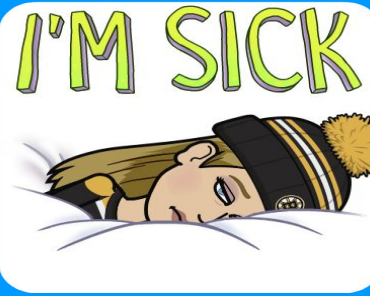
Use sensory items

Take space

Listen to music

Punch a pillow

BOOORING



So tired



Drink water

Have a snack

Talk to
someone

Take space

Take a nap

Drink water

Have a snack

Drink water

Have a snack

Take a nap