





















# The Zones of Regulation



 <b>Blue</b> Rest Area	 <b>Green</b> Go	 <b>Yellow</b> Slow Down	 <b>Red</b> Stop
 <b>Sad</b>	 <b>Happy</b>	 <b>Nervous</b>	 <b>Angry</b>
 <b>Upset</b>	 <b>Excited</b>	 <b>Surprised</b>	 <b>Yelling</b>
 <b>Hurt</b>	 <b>Calm</b>	 <b>Confused</b>	 <b>Aggressive</b>
 <b>Tired</b>	 <b>Proud</b>	 <b>Silly</b>	 <b>Mad</b>