

ZONES OF REGULATION

Draw what you look like in each zone.

BLUE ZONE



GREEN ZONE



YELLOW ZONE



RED ZONE



ZONES OF REGULATION

Print what emotions you have when you are in
each zone.

BLUE ZONE



GREEN ZONE



YELLOW ZONE



RED ZONE



ZONES OF REGULATION

Draw strategies to get yourself back into the
GREEN ZONE or stay in the GREEN ZONE

BLUE ZONE



GREEN ZONE



YELLOW ZONE



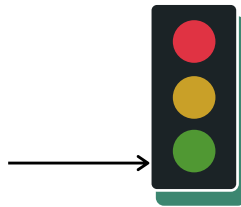
RED ZONE



ZONES OF REGULATION

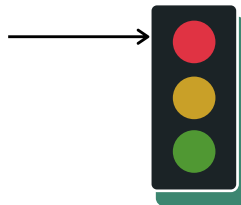
Print strategies to get yourself back into the GREEN ZONE or stay in the GREEN ZONE

GREEN ZONE



BLUE ZONE

RED ZONE



YELLOW ZONE

