

The ZONES of Regulation



YELLOW ZONE

- This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised.



RED ZONE

- This zone is for extreme emotions such as anger, terror and aggression. When you are in this zone, you are out of control, have trouble making good choices.

WHAT ARE THE ZONES?

There are four zones to describe how your brain and body feel.



GREEN ZONE

- Like a green light, you are “good to go.” You may feel happy, excited, calm and focused.



BLUE ZONE

- Your body is running slow, such as when you are tired, sick, sad or bored.