

# Zones of Regulation

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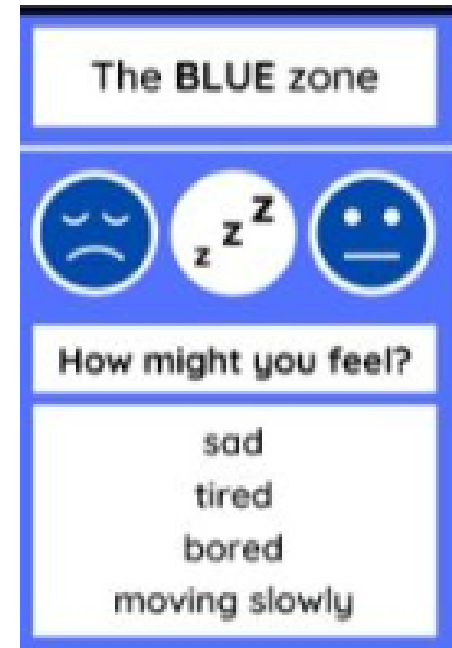
The four zones can be used to categorise our different emotions and states of alertness.

By becoming more aware of what zone we are in, we can be better regulated and more ready to learn.



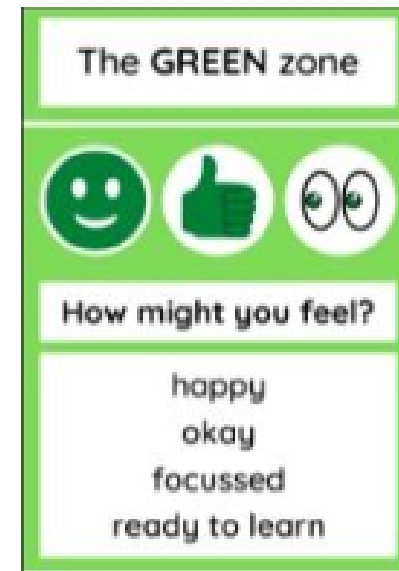
## Blue Zone

When you are in the blue zone, your body is running slow, such as when you are tired, sick or bored.



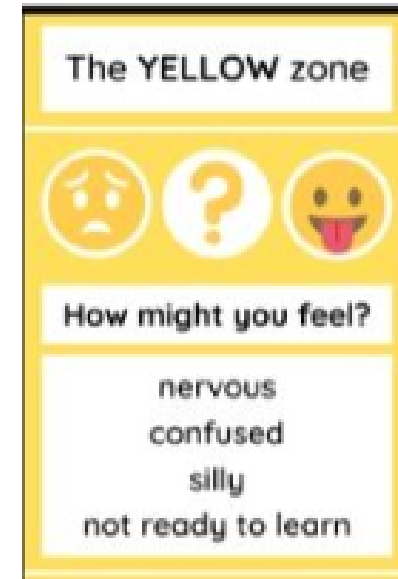
## Green Zone

The green zone, like a green light, is when you are "good to go". In the green zone you may feel happy, calm and focused.



## Yellow Zone

When entering the yellow zone, proceed with caution and slow down! The yellow zone describes when you start to lose control, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised.



## Red Zone

The red zone is reserved for extreme emotions such as terror, uncontrolled anger, aggression and elation. Here you will have trouble making good decisions and must STOP!

