Name_____

Color in each emotion with the correct color for each Zone of Regulation.

Blue

sad

upset

hurt

tired

sick

Green

happy

excited

calm

proud

Yellow

nervous

surprised

confused

silly

Red

angry

yelling

aggressive

mad

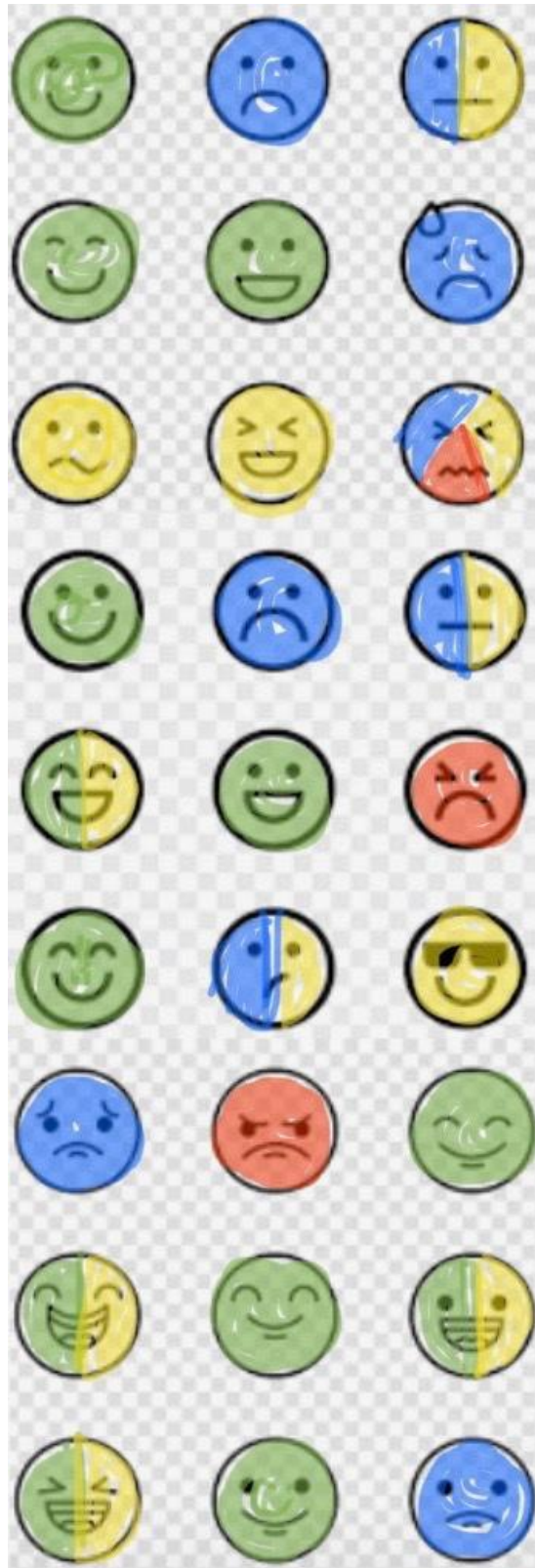Color in each emotion with the correct color for each Zone of Regulation.
faces with more than one color means that either color is an acceptable answer

Blue		Yellow
sad		nervous
upset		surprised
hurt		confused
tired		silly
sick		

Green		Red
happy		angry
excited		yelling
calm		aggressive
proud		mad