

Zones of Regulation

Blue Zone

How I Look
Or Act

I slouch and sigh.
I might look sad or cry.
I yawn with eyes half-closed.
I move slowly.

What
could I do?

Green Zone

I sit up straight.
I see and hear everything clearly.
I smile and respond politely.

Yellow Zone

How I Look
Or Act

I squirm and fidget in my seat.
I cannot pay attention.
I frown and seldom talk.

What
could I do?

Red Zone

I glare and my eyebrows
are furrowed.
I scream or yell.
I stomp angrily.