

Friday 5th February

Children's Mental Health Week

Zones of Regulation

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Loom Link:

<https://www.loom.com/share/b171f7fa21a64c5e9e3b42d06501071e>

Task:

- Complete the Zone of Regulation sheet using the guidance from the Loom video.