

My Zones of Regulation

Use your knowledge of the Zones of Regulations to fill in the boxes below. Think about times in your life when you have been in these zones. What made you go into that zone and how did you then get back to the *Green Zone*?

Blue Zone I have been in the Blue Zone when ...	Draw a Blue Zone face
To get out of the Blue Zone I ...	

Green Zone I have been in the Green Zone when ...	Draw a Green Zone face
To get into the Green zone I like to ...	

Red Zone I have been in the Red Zone when ...	Draw a Red Zone face
To get out of the Red Zone I ...	

Yellow Zone I have been in the Yellow Zone when ...	Draw a Yellow Zone face
To out of the Yellow Zone I ...	