

Name: _____

Zones of Regulation

T E R R I F I E D C
G O A P U D A M T E
R K R B F M N O I X
E W E L T C G P R C
E H D U B A R C E I
N S N E F L Y M D T
H A P P Y M M O K E
A I T Y E L L O W D
B O A U N S I C K W
F R U S T R A T E D

sick happy terrified angry excited frustrated calm
tired blue Green Red Yellow