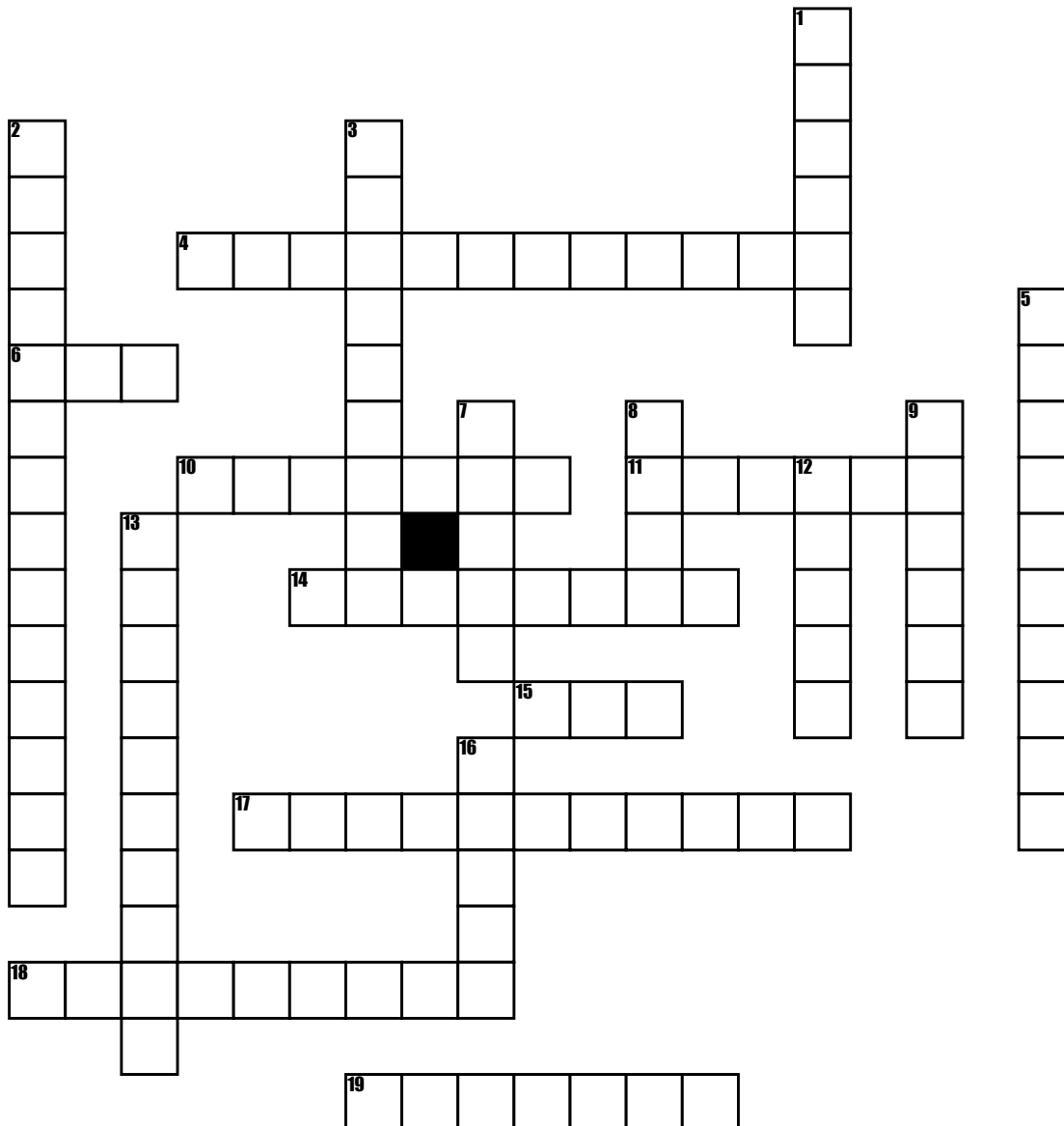


Name: _____

Date: _____

Zones of Regulation



Across

- 4.** Concept to control impulses; stop sign
6. Zone color associated with rage, anger, panic, elation
10. Collection of calming and altering strategies
11. Problems that affect one or two people; resolved in minutes
14. Behaviors that make people feel safe and comfortable
15. Problems that many people share, no quick or easy solution

Down

- 17.** Used to describe negative or self-defeating thoughts
18. A rigid form of thinking
19. An irritant
1. Zone color associated with stress, frustration, anxious, silly
2. Preferred state of alertness; baselin
3. A flexible form of thinking
5. Behaviors that make people have uncomfortable thoughts

- 7.** A system of categories using colors to describe emotions
8. Zone color associated with being sad, bored, tired, sick
9. Problems that can be resolved in an hour to a couple of days
12. Techniques used to self-regulate
13. Used to describe positive thoughts; positive self-talk
16. Zone collar associated with being calm, happy, focused