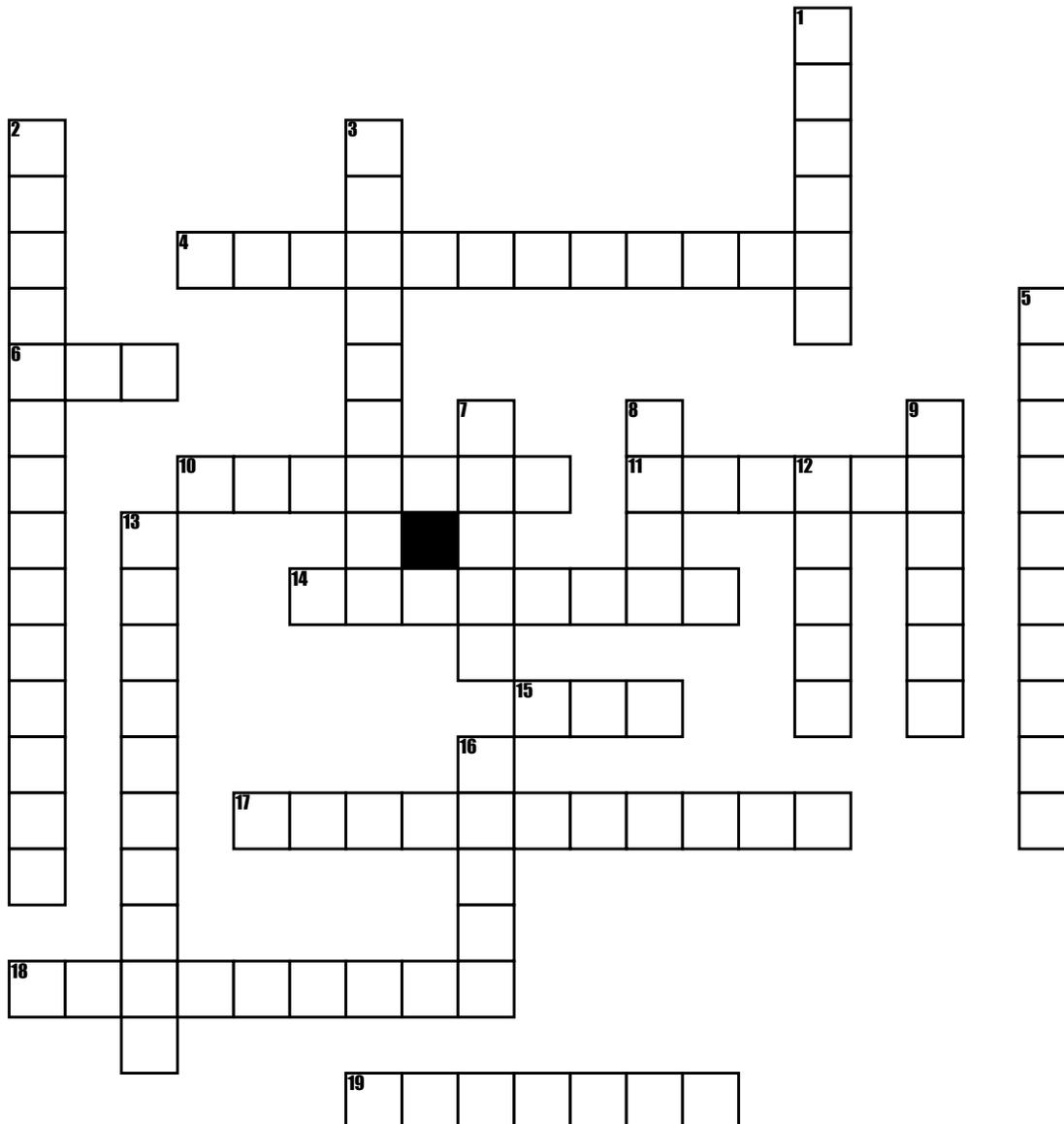


Zones of Regulation



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**

- 17. Used to describe negative or self-defeating thoughts**
 - 18. A rigid form of thinking**
 - 19. An irritant**
- Down**
- 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 color associated with being calm, happy, focused**