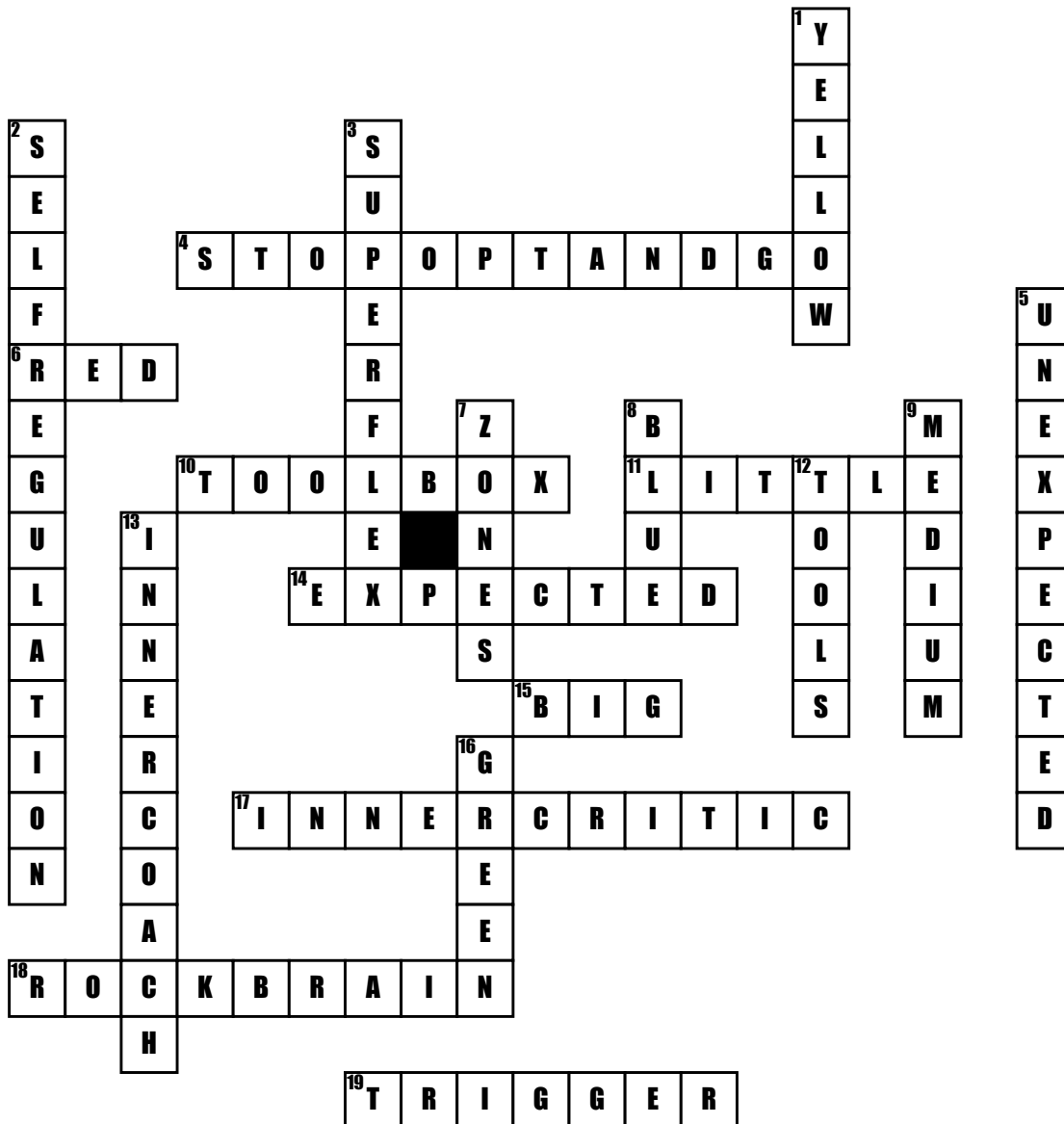


Name: _____

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

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; baseline

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