

Every time you see a zone, that is a tool can take you back to the green zone.

THE ZONES OF REGULATION[®]

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
Stretch	Drink water	Deep breaths	Take a break

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PRINTED IN THE USA
12/10/10

Example: If you're bad at something, you take a break and persist again and again!

THE ZONES OF REGULATION®

BLUE ZONE

Bored, Hurt, Exhausted, Sick, Tired, Sad

Blue Zone Tools

Stretch

GREEN ZONE

Calm, Good, Proud, Okay, Ready to Learn, Content

Green Zone Tools

Drink water

YELLOW ZONE

Frustrated, Anxious/Worried, Excited, Silly, Scared, Overwhelmed

Yellow Zone Tools

Deep breaths

RED ZONE

Aggressive, Mean, Terrified, Mad, Angry, Yelling

Red Zone Tools

Take a break

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