

Name: _____

Zones of Regulation

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

Frustrated Focused

Worried

Excited

Yellow

Tired

Proud

Upset

Silly

Angry

Happy

Green

Calm

Blue

Sad

Red