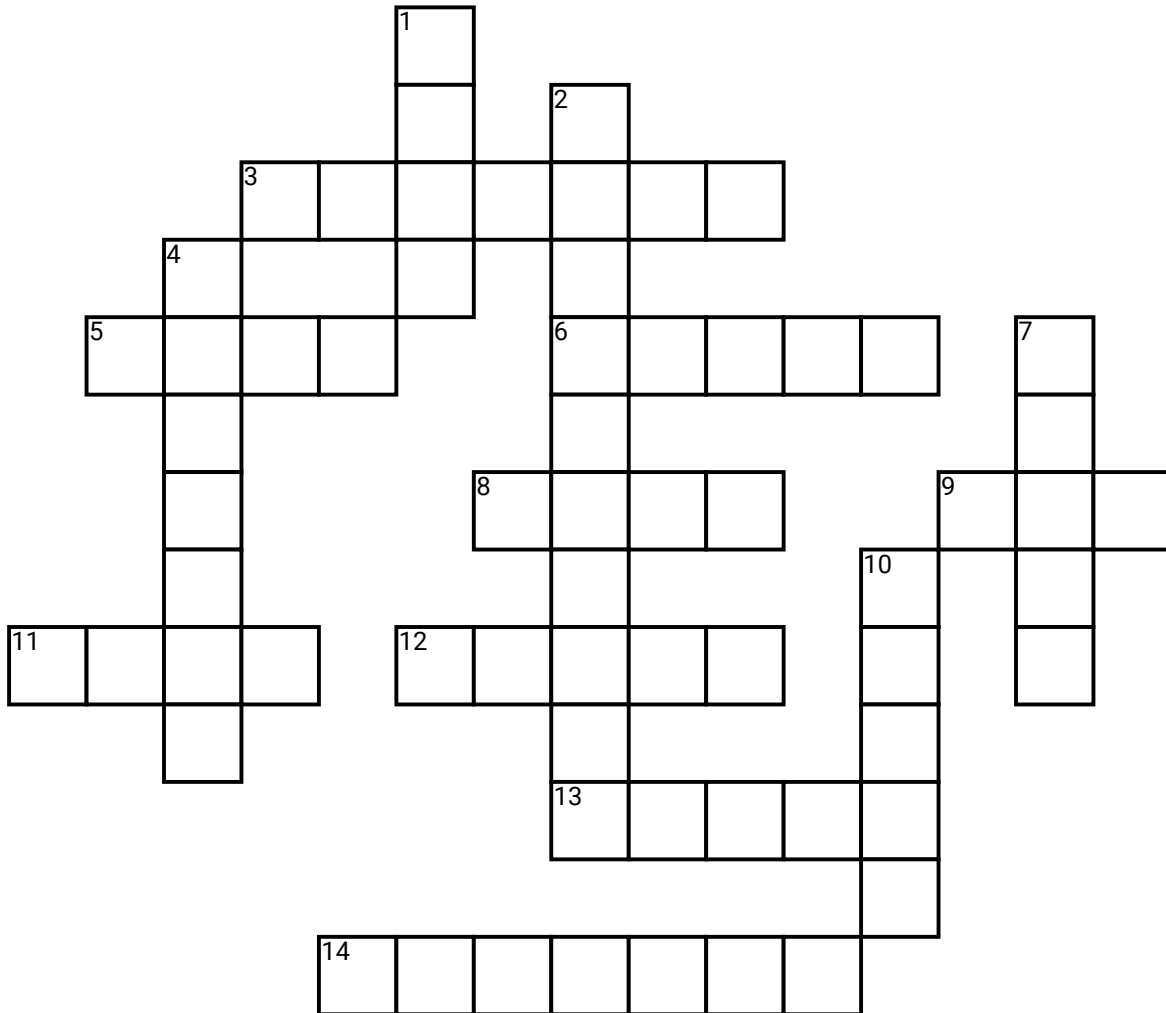


Name: _____

Zones of Regulation



Across

- 3.** Yellow zone feeling for when your body becomes wiggly and cannot sit still
- 5.** _____ is an activity that uses breathing and stretches to help your body relax
- 6.** This red zone feeling is another word for "mad".
- 8.** When your voice gets really loud when you are talking
- 9.** You may do this if you are in the red (out-of-control) zone
- 11.** _____ breaths can help your body to calm down.

12. I move back and forth on ropes and help to calm your body down

13. You can use _____ to make your fingers/hands stronger.

14. You may feel this in the yellow zone if you are shy, nervous, or have trouble breathing

Down

1. You may need to rest when feeling this blue zone emotion.

2. Things you can do to help yourself get back into the green zone. Coping _____.

4. You need this green zone feeling in order to pay attention in class

7. To get to the top of the Treehouse you have to _____.

10. You have this blue zone feeling when you have nothing to do and no one to talk to