

Name: _____

Zones of Regulation

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

frustrated	terrified	excited	Yellow
happy	angry	tired	Green
sick	calm	blue	Red