

Name: _____ Date: _____

Zones of Regulation

1. UEBL _____
2. RED _____
3. OELWLY _____
4. NEREG _____
5. SKIC _____
6. ASD _____
7. TIRED _____
8. DOBER _____
9. APHPY _____
10. CLMA _____
11. FOEDSCU _____
12. UFRSDRTATE _____
13. RWIRDEO _____
14. TEIDXCE _____
15. NYGRA _____
16. IRDTREIEF _____

Word Bank

sad	bored	terrified	blue
yellow	worried	frustrated	angry
sick	red	excited	calm
focused	happy	tired	green