

Name: _____

Date: _____

zones

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

self regulation	coping skills	take a break	deep breaths	stress ball	unexpected
frustrated	behaviors	rip paper	terrified	flexible	expected
emotions	exercise	coloring	nervous	anxious	focused
relaxed	annoyed	listen	colors	scared	green
yellow	rigid	water	bored	happy	angry
talk	walk	yoga	okay	sick	calm
mean	blue	shy	sad	red	