

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# zones of regulation

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

readytowork

frustrated

bluezone

angry

unexpected

greenzone

focused

sad

yellowzone

expected

happy