Zones of Regulation

Blue Zone

Low state of alertness

Rest

Bored
Tired
Sad
Disappointed
Sick
Depressed
Shy

Green Zone

Ideal state of alertness

Go

Happy
Positive
Thankful
Proud
Calm
Content
Ready to learn

Yellow Zone

Heightened state of alertness

Slow

Excited
Silly
Annoyed
Worried
Embarrassed
Confused
Nervous

Red Zone

Very heightened state of alertness

Stop

Upset
Angry
Aggressive
Mad
Elated
Terrified
Out of control

The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at http://www.zonesofregulation.com/index.html