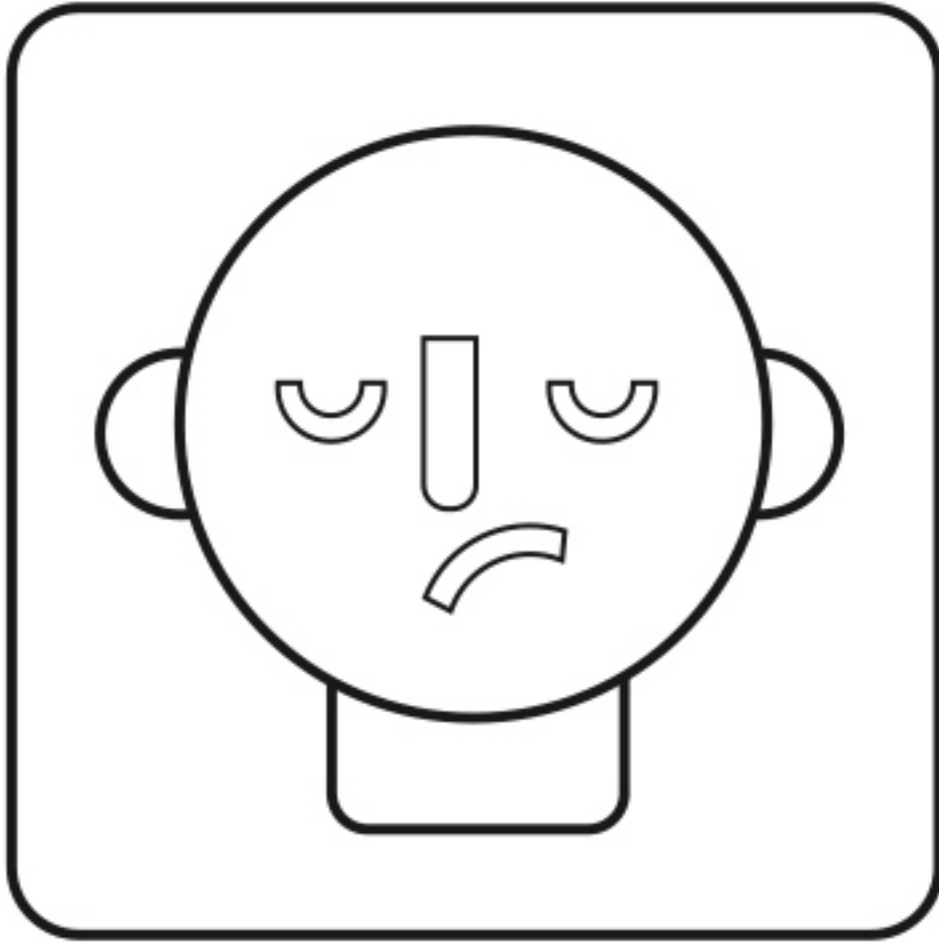


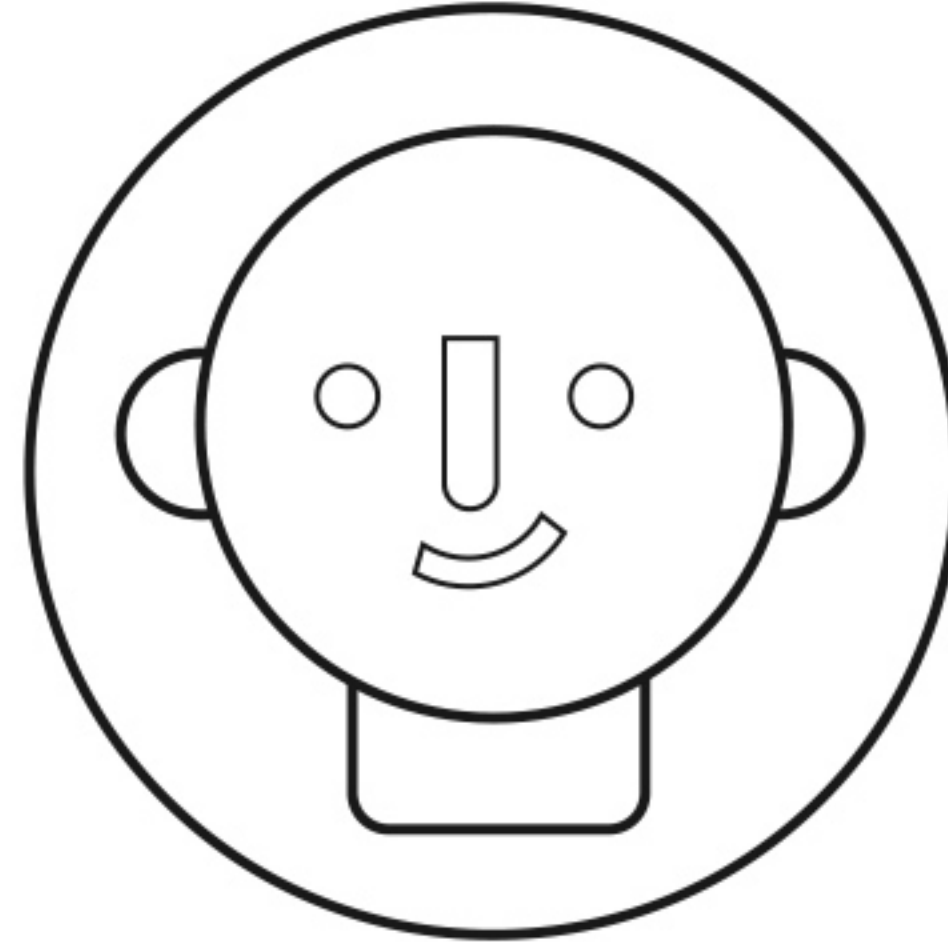
# ZONES OF REGULATION

BLUE  
ZONE



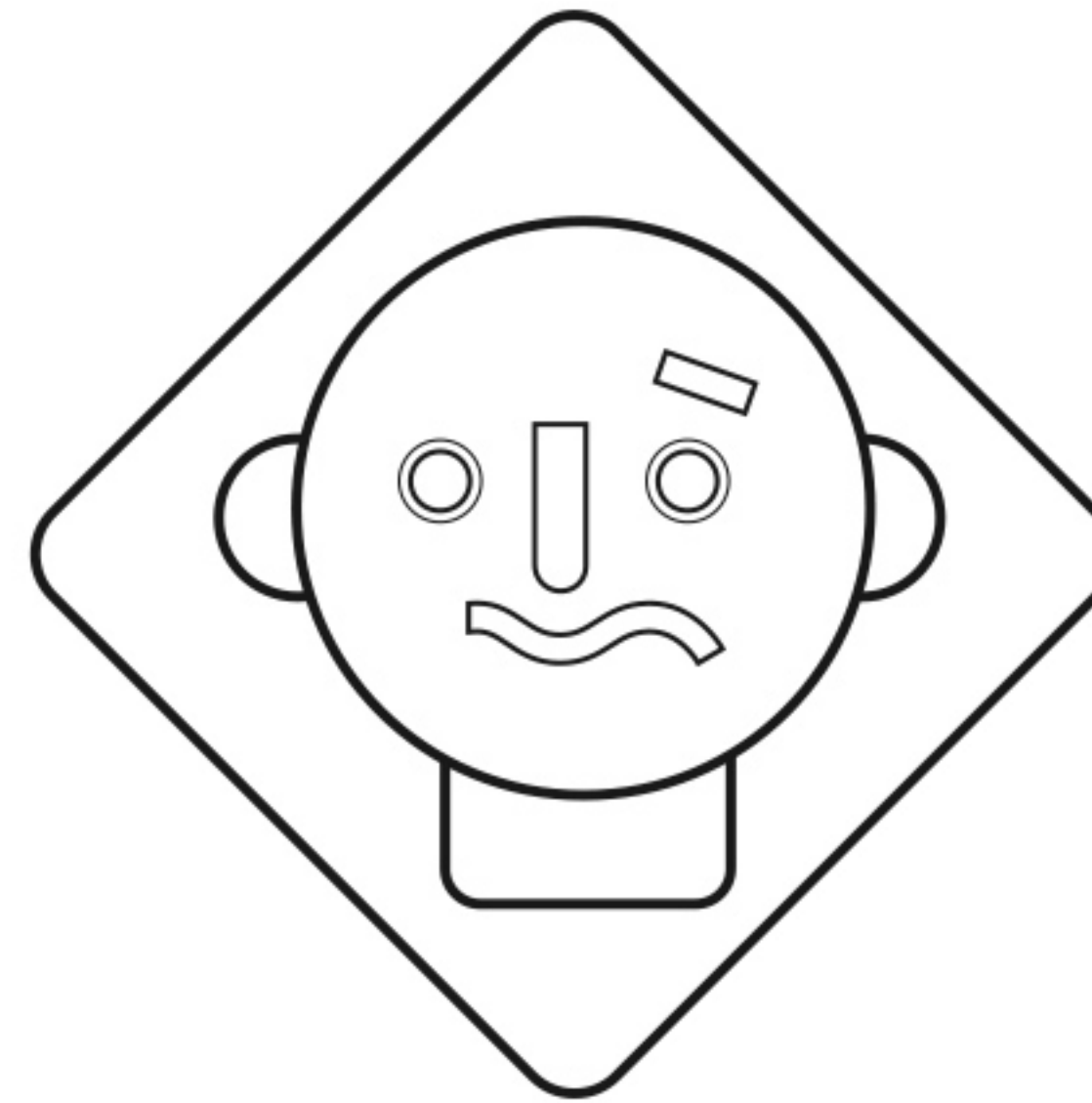
Sad  
Sick  
Tired  
Bored

GREEN  
ZONE



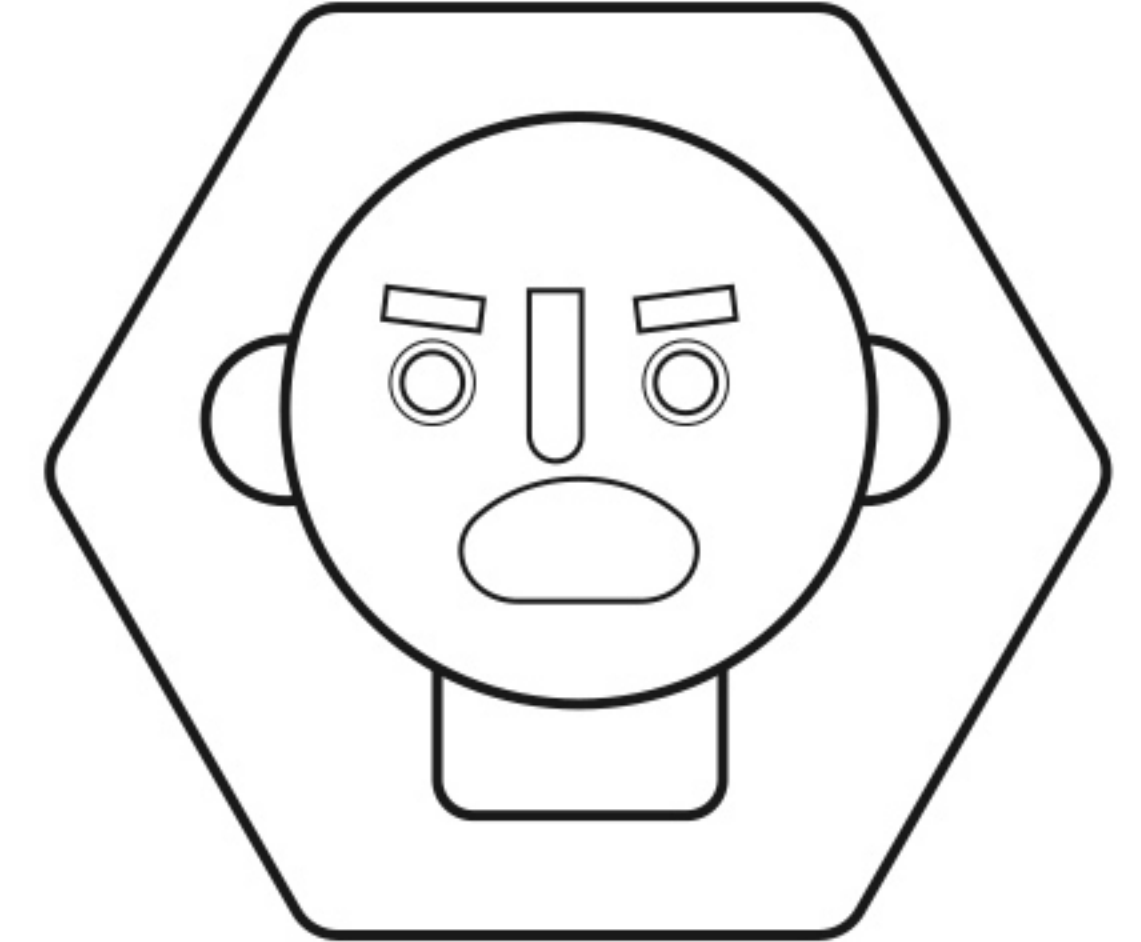
Happy  
Calm  
Feeling Okay

YELLOW  
ZONE



Frustrated  
Worried  
Silly  
Excited

RED  
ZONE



Angry  
Terrified  
Yelling/Hitting  
Elated