

The Zones of Regulation

SOME FEELINGS IN THE BLUE ZONE



Bored Hurt Sad



Sick Tired Exhausted

POSSIBLE BODY SIGNALS Low Energy Heavy Breathing Slow Heartbeat Foggy Thinking



SOME FEELINGS IN THE GREEN ZONE



Focused Happy Proud



Okay Calm Relaxed

POSSIBLE BODY SIGNALS Medium Energy Soft Laughter Calm Breathing Calm Heartbeat



SOME FEELINGS IN THE YELLOW ZONE



Frustrated Worried Excited



Overwhelmed Silly Annoyed

POSSIBLE BODY SIGNALS Higher Energy Heavy Breathing Fast Thinking Quick Heartbeat



SOME FEELINGS IN THE RED ZONE



Overjoyed Angry Wild



Furious Out of Control Terrified

POSSIBLE BODY SIGNALS Highest Energy Heavy Breathing Fast Thinking Fast Heartbeat





Social Regulation

IM Harris



Social Regulation:

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