

# Zone of Regulation





Students at Nancy Loud have been learning about the Zones of Regulation.

This is a tool to help students (and adults) talk about how they feel including their mood and their activity level.

Students learn that we all are in different zones. There is not a bad zone. At school, we work on ways to be in the green zone, so we are ready to focus and learn.

You can use the Zones of Regulation with your child at home.

## The Zones of Regulation - Nancy Loud Lion

			
<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
<b>Sad Sick Tired Bored Moving Slowly</b>	<b>Calm Focused Happy Okay Ready to Learn</b>	<b>Frustrated Worried Silly/Giggly Excited A little out of control</b>	<b>Out of Control Angry/ Mad Elated Terrified</b>

Adapted from Think Social Publishing, Inc [www.socialthinking.com](http://www.socialthinking.com)