

THE ZONES OF REGULATION®



bored	hurt
sad	tired

good	happy
proud	ready to learn

frustrated	silly
worried	upset

angry	unsafe
overwhelmed	out of control

snack	fidget
hug	walk

thumbs up

breathe	walk
break	drink

break	breathe
ask for help	want to be alone



I need a break



I need a break



I need a break



I need a break

