

# ZONES OF REGULATIONS

## REVIEW



**GREEN  
ZONE**

**GREEN ZONE-GOOD FEELINGS. WHEN YOU ARE IN THE GREEN ZONE, YOU ARE READY TO MAKE GOOD CHOICES.**



**BLUE  
ZONE**

**BLUE ZONE: WHEN YOU ARE IN THE BLUE ZONE, YOUR BODY FEELS SLOW AND SLUGGISH. YOU DO NOT HAVE A LOT OF ENERGY.**



**YELLOW  
ZONE**

**YELLOW ZONE: YOU HAVE TO WORK A LITTLE HARDER TO MAKE GOOD CHOICES IN THE YELLOW ZONE,**



**RED  
ZONE**

**RED ZONE: YOU HAVE VERY STRONG FEELINGS, AND YOUR BODY IS NOT IN CONTROL. WE ALSO MAY USE HURTFUL WORDS IN THE RED ZONE.**

LOOK AT THE LIST OF FEELINGS  
WITH YOUR CHILD. TALK ABOUT  
WHAT ZONE EACH FEELING WOULD  
GO IN.

HAPPY

ANXIOUS

SAD

PROUD

ANGRY

WORRIED

NERVOUS

LONELY

AFRAID

BORED

RELAXED

CONFUSED

TIRED

SHY

EXCITED

SILLY

IF YOU WOULD LIKE MORE ACTIVITIES TO DO, PLEASE  
CHECK OUT MY SCHOOL WEB PAGE [HERE](#).

MRS. ENLGER