



Zones of Regulations

We all travel through different emotional zones during our day. Sometimes we can need a little help recognising what our emotions are and how we can help ourselves move from one emotion to another. By colour coding our emotions it can help us create plans that can help us.

The **Red Zone** is used to describe extremely **BIG** and **INTENSE** emotions. We are out of control in the Red Zone.



The **Yellow Zone** is also used to describe **GREAT** and **STRONG** emotions.

You can have more control when you are in the Yellow Zone.



The **Green Zone** is used to describe **GENTLE** and **FOCUSED** emotions. You will find it easier to learn new skills when in this zone.



The **Blue Zone** is used to describe **HEAVY** or **SLOW** emotions. You will be least likely to be engaged in this zone.



Red Zone



Yellow Zone



Zones of Regulation DOG EDITION



Green Zone



Blue Zone



Red Zone



Yellow Zone



Zones of Regulation HUMAN EDITION



Green Zone



Blue Zone

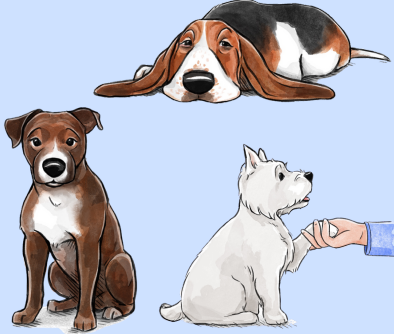




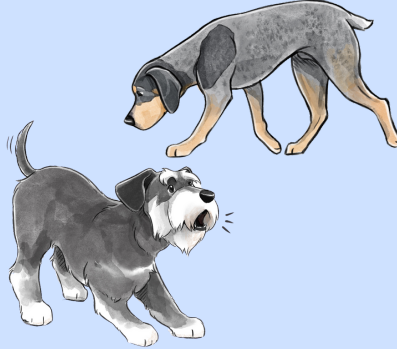
Zones of Regulation DOG EDITION

Green Zone

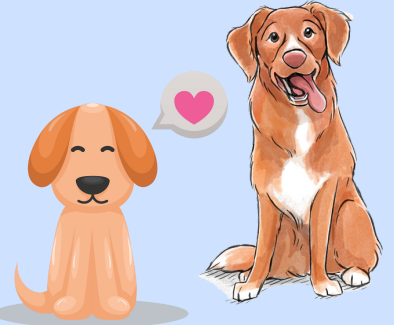
Looks Like:



Sounds Like:



Feels Like:

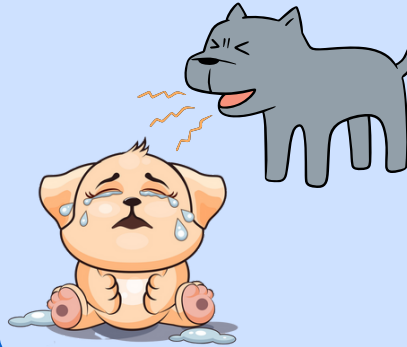


Blue Zone

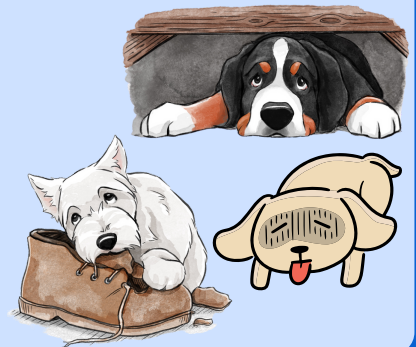
Looks Like:



Sounds Like:



Feels Like:



Yellow Zone

Looks Like:



Sounds Like:

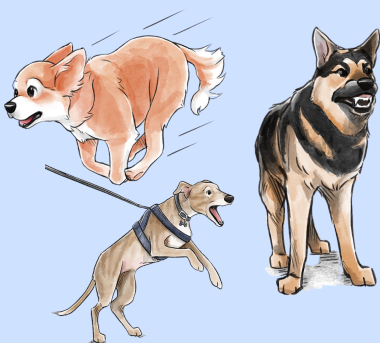


Feels Like:



Red Zone

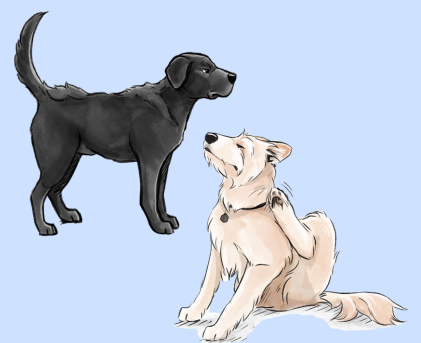
Looks Like:



Sounds Like:



Feels Like:





Zones of Regulation HUMAN EDITION

Green Zone

Looks Like:



Sounds Like:



Feels Like:

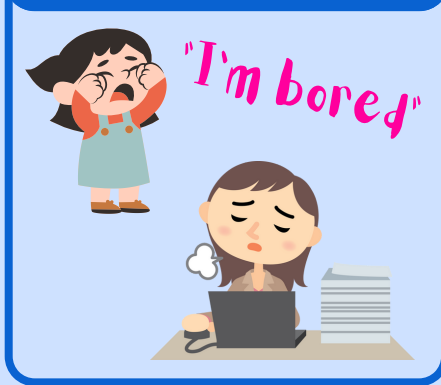


Blue Zone

Looks Like:



Sounds Like:



Feels Like:



Yellow Zone

Looks Like:



Sounds Like:



Feels Like:



Red Zone

Looks Like:



Sounds Like:



Feels Like:



Which Zone Are You In?



Which Zone Are You In?

