## What are the **Zone**s?

BLUE Zone- used to describe **low states of alertness** and down feelings. Your body is **moving slowly or sluggishly**. Feeling **sad, tired, sick, bored, hurt** etc...

GREEN Zone- used to describe a calm state of alertness. Your body is alert and 'good to go'. Feeling happy, calm, content, focused, ok etc...

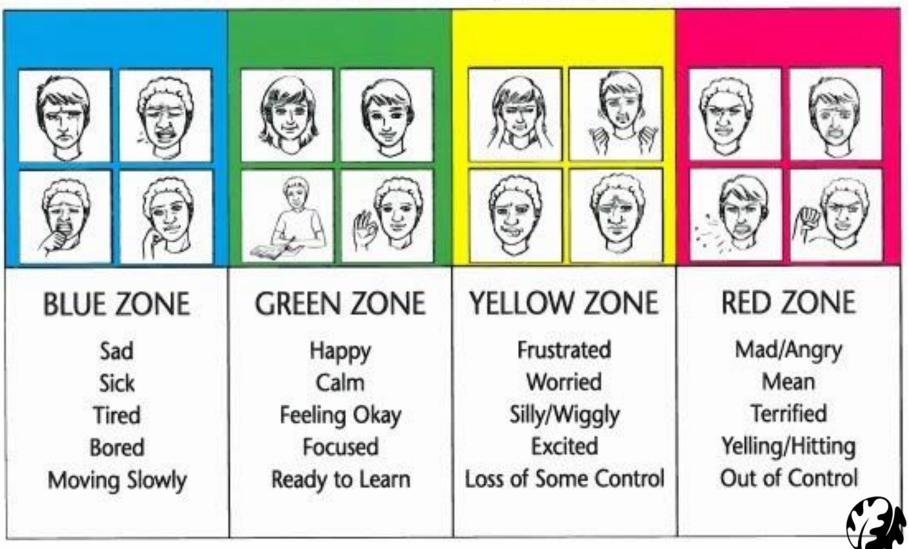
YELLOW Zone- used to describe a heightened state of alertness with elevated emotions and starting to lose some control. Feeling frustrated, nervous, confusion, stress, silliness, 'the wiggles' etc.....

RED Zone- used to describe an extremely heightened state of alertness with very intense emotions. You are not in control of your body. Feeling rage, panic, terror, devastation, extremely silly etc....





## The **ZONES** of Regulation<sup>®</sup>



SURREY