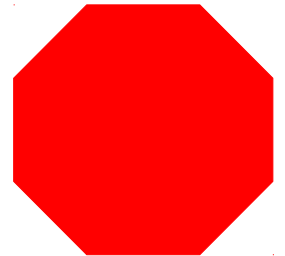
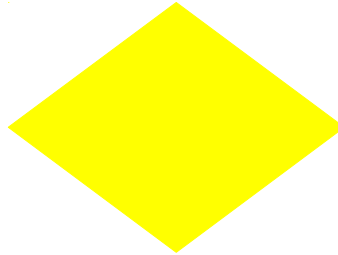
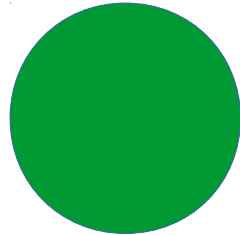
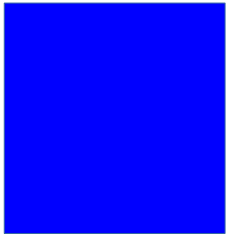


Zones of Regulation

1. Cut out the list of emotions below the dotted line
 2. Glue each emotion under the zone they belong in
- Hint: There are 5 emotions in each zone!



Happy	Sad	Losing Control	Not listening
Tired	Excited	Bored	Ready to Learn
Out of Control	Silly	Focused	Moving Slowly
Mad	Yelling	Sick	Feeling Okay
Calm	Terrified	Frustrated	Worried