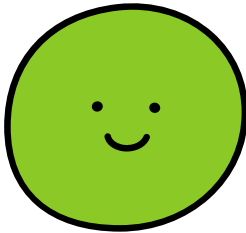


Name: _____

Date: _____

THE ZONES OF REGULATION

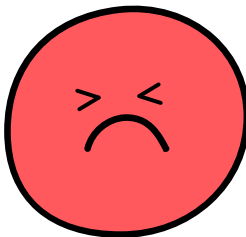
Match the Zone to the emotion words. Then colour the emojis to match their zone.



green zone

Worried, frustrated, excited

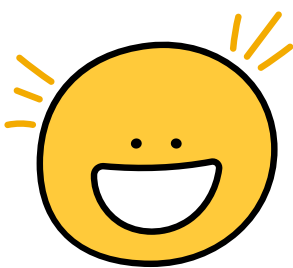
Draw you in the green zone



RED ZONE

Sad, tired, sick

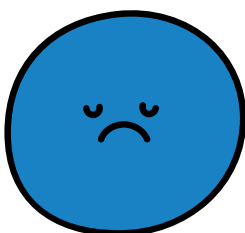
Draw you in the red zone



YELLOW ZONE

Happy, calm, focused

Draw you in the yellow zone



BLUE ZONE

Angry, panicked, terrified

Draw you in the blue zone

