

Zones of Regulation at Home



Understanding my Behaviour

My Name is:

My Zones of Regulation

I am in the green zone and
ready to learn when I



To help me learn, you can

I am in the yellow zone and too
excited, out of control when I



To help me slow down,
you can

I am in the red zone and
angry when I



To help me calm down, you can

I am in the blue zone and sad or
tired when I



To help me stay engaged,
you can