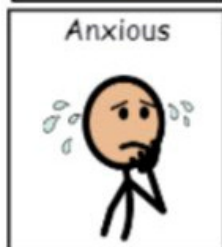
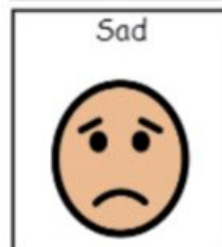
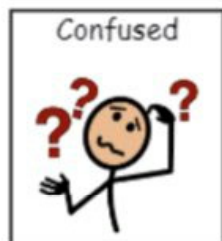
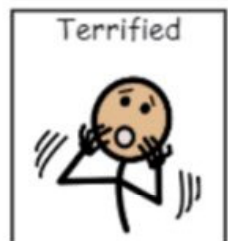
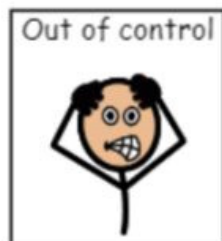
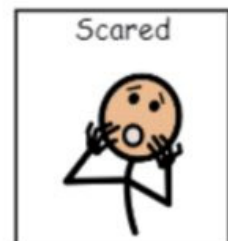
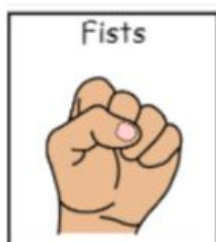
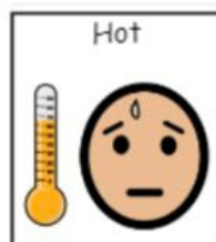


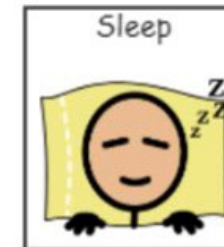
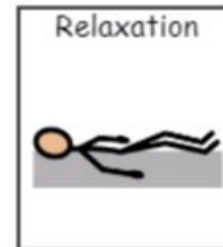
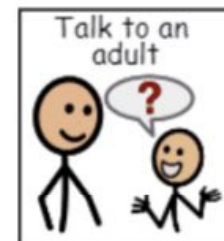
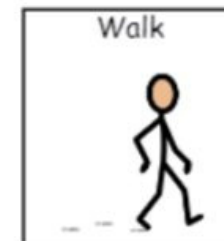
# I feel...



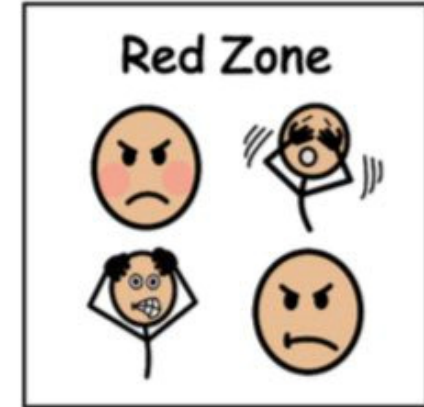
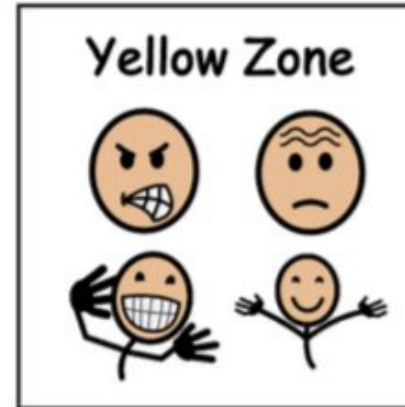
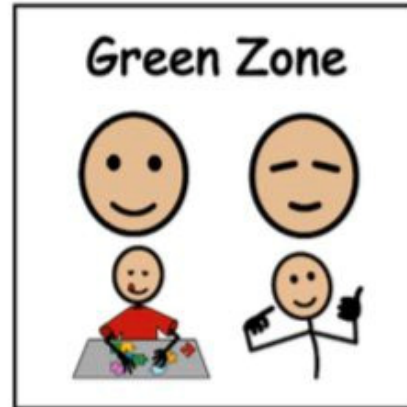
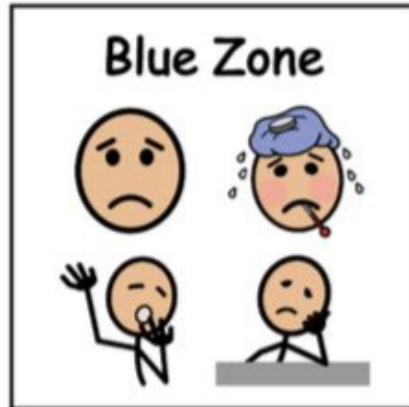
# I know this because...



# I can...



# The ZONES of Regulation



Sad

Happy

Frustrated

Angry

Sick

Ready to Learn

Worried

Terrified

Tired

Feeling Okay

Silly

Yelling

Bored

Focused

Excited

Out of Control

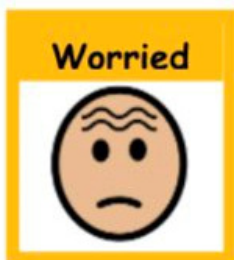
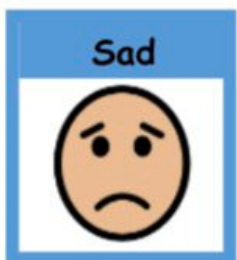
Moving Slowly

Calm

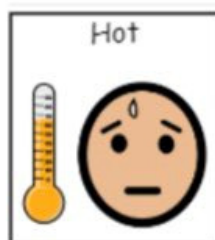
Loss of Control

Mean

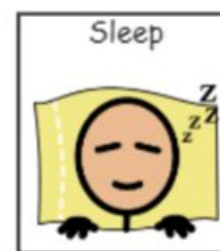
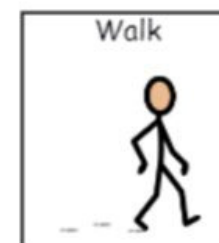
I feel...



I know this  
because...



I can...



Blue Zone

Green Zone

Yellow Zone

Red Zone

