Zones of Regulation

Blue	Green	Yellow	Red
		200	(C)
Low	Нарру	Wobbly	Angry
Not Ready	Good to Go	Be Aware	5TOP
unhappy	proud	excited	mad
tired	calm	nervous	Cross
tearful	focused	frustrated	shouty
Quiet	ready	anxious	out of control
worried	ok ´	fidgety	overwhelmed