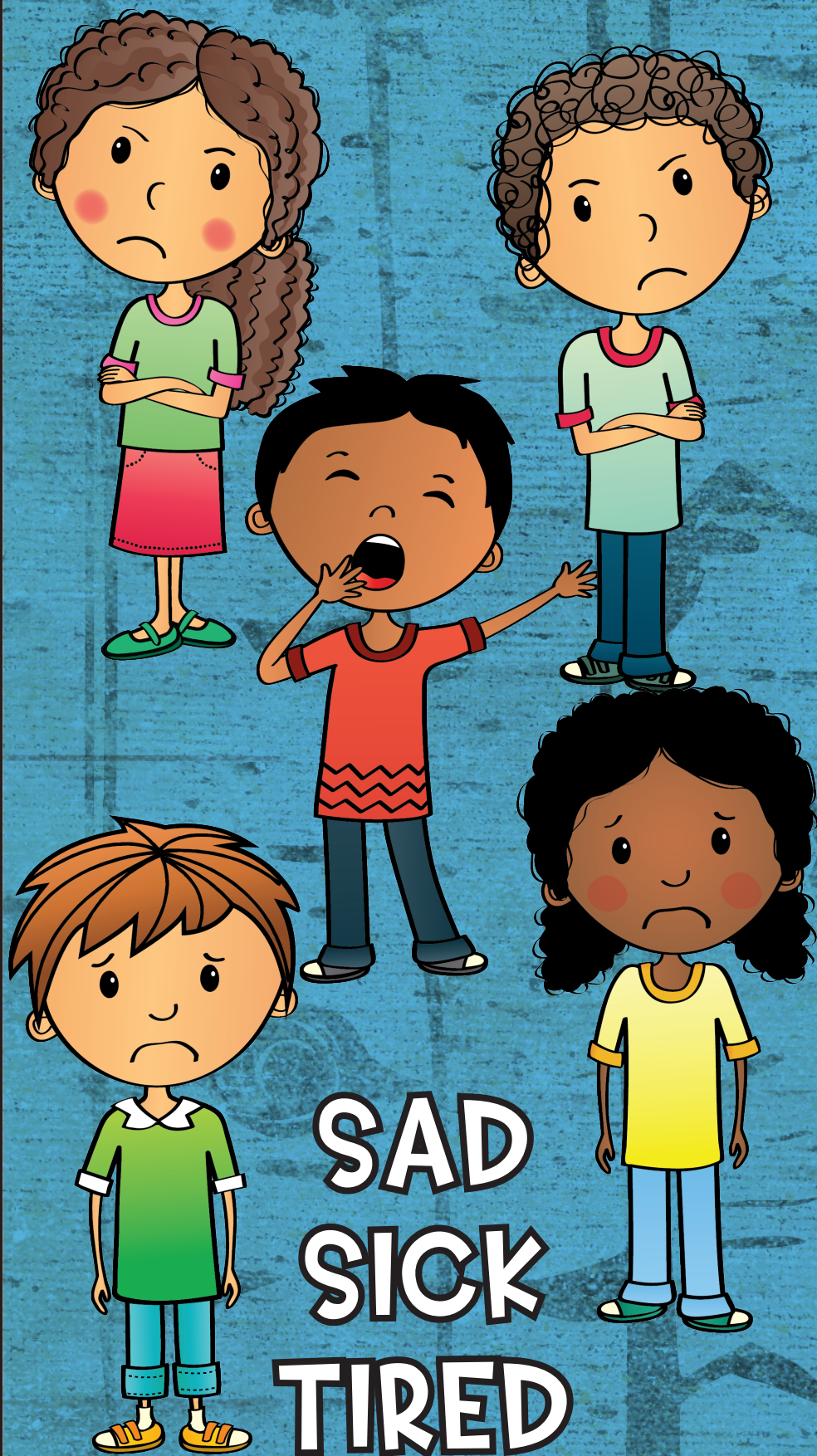


THE ZONES OF REGULATION

BLUE ZONE



SAD
SICK
TIRED
BORED
MOVING SLOWLY

GREEN ZONE



HAPPY
CALM
FEELING OK
FOCUSED
READY TO LEARN

YELLOW ZONE



WORRIED
FRUSTRATED
SILLY/WIGGLY
EXCITED
LOSS OF SOME CONTROL

RED ZONE



MEAN
MAD/ANGRY
TERRIFIED
YELLING/HITTING
OUT OF CONTROL