
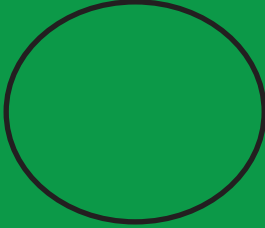
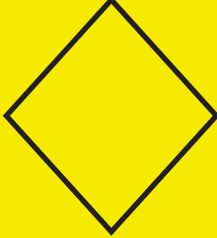
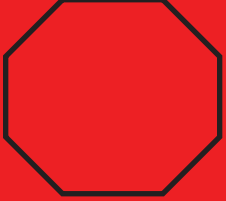


My Zones Tool Box

<p>Blue Zone</p> 	<p>Green Zone</p> 	<p>Yellow Zone</p> 	<p>Red Zone</p> 
When I feel...	When I feel...	When I feel...	When I feel...
<p>Sad Tired Sick Bored</p>	<p>Happy Calm Focused</p>	<p>Frustrated Worried Silly Excited</p>	<p>Mad Angry Afraid</p>
I can...	Behaviors	I can...	I can...

Created by Dr. Christine Peck, Cooperative Educational Services, Trumbull, CT, 2013.
Based on the original work of L. Kuypers, The Zones of Regulation®, 2011.