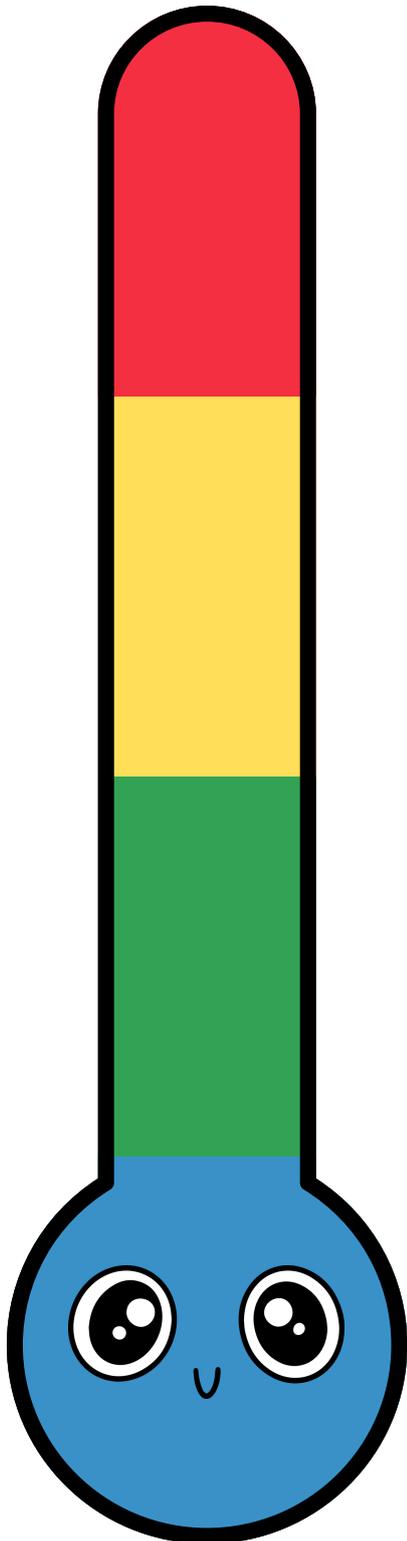


ZONES OF REGULATION THERMOMETER



Write what helps you in each zone in the boxes below.



Red Zone

Overjoyed
Panicked
Angry
Terrified



Yellow Zone

Worried
Frustrated
Silly
Excited



Green Zone

Happy
Focused
Calm
Proud



Blue Zone

Sad
Bored
Tired
Sick