## **Me in My** ZONES

The **ZONES** of Regulation<sup>®</sup>

Lesson 5

Name:

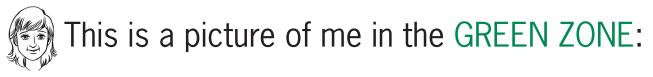
This is a picture of me in the BLUE ZONE:

My face and body clues are:



I feel in the BLUE ZONE when:

Name:

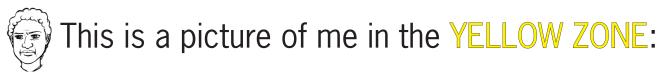


My face and body clues are:

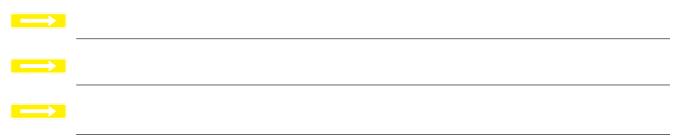


I feel in the GREEN ZONE when:

Name: \_\_\_\_\_

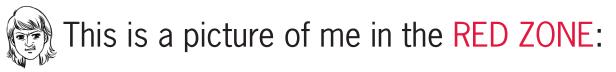


My face and body clues are:

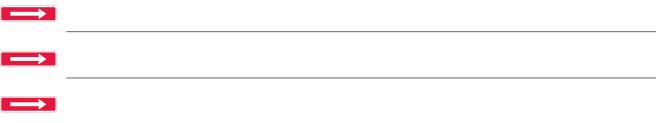


I feel in the **YELLOW ZONE** when:

Name:



My face and body clues are:



I feel in the RED ZONE when:

## **Directions:**

Staple all the pages together **except for this one.** Cut out and glue the headings below to the page opposite the picture of him or her in the corresponding colored zone. For example: When the book opens to *This is a picture of me in the Blue Zone* page, the heading on the left side page opposite it will be: *When I'm in the Blue Zone, I can try these Blue Zone tools* 

