

Zones of Regulation: Feelings Sort

Name: _____

Date: _____

Use your knowledge of the zones to cut and paste each emotion into the correct zone.

Blue Zone	Green Zone	Yellow Zone	Red Zone

/16

Cut and paste (or re-write) each feeling or emotion into the correct zone.

tired	silly	frustrated	aggressive
calm	surprised	lonely	mad
out of control	nervous	sad	happy
focused	super excited	proud	bored

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