Printables

The ZONES of Regulation® Reproducible BB Name:_____

Tools for Each of My ZONES

When I feel...	I can try...
Tired or Sad 	
Calm or Happy 	
Frustrated or Silly 	
Angry or Mad 	

Adapted for The Zones of Regulation® from the original work of Baron and Curtis' The Incredible 5-Point Scale (2010), www.5pointscale.com.

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