

The **ZONES** of Regulation®

LEVEL 4: Extremely HIGH Alertness



mad / angry
terrified
elated
out of control

LEVEL 3: HIGH Alertness



frustrated
worried
silly / wiggly
excited
loss of some control

LEVEL 2: Regulated Alertness



happy
calm
focused
feeling okay
ready to learn

LEVEL 1: LOW Alertness



moving slow
sad
sick
tired
bored