

Mrs. Mac's Office

SCHOOL PSYCHOLOGIST

The ZONES of Regulation



BLUE ZONE

SAD	TIRED
BORED	SICK

GREEN ZONE

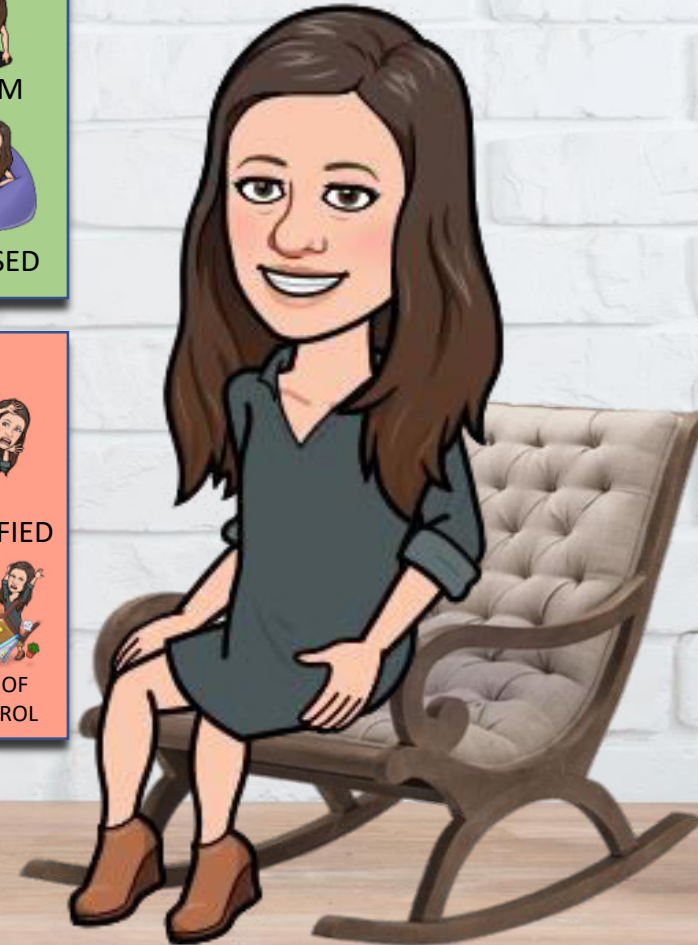
HAPPY	CALM
READY TO LEARN	FOCUSED

YELLOW ZONE

FRUSTRATED	SILLY
WORRIED	EXCITED

RED ZONE

MAD	TERRIFIED
YELLING	OUT OF CONTROL



Mrs. Mac's
SENSORY ROOM

