

Name: _____

Date: _____

The Zones of Regulation

W W Y I M H A P P Y Y M H Y E E C R I Y D T R U
 Q I T S E D X S A U X A E X C I T E D E A F B E
 Q Y T H A M U A G O F D J C C S I C K L D E U W
 W F Q Y N D J E A L O U S D I B F Q Y L I Z I S
 K A N N O Y E D B B M K F Y W L I Q F I X R T L
 W K D P X D U S O K F L Z N D A S Q J N O E I A
 J M Y U C A C H R W R M O E B Q A Q B G V A R R
 P L M D O Q U V E B A W U R O M D A B G A D E R
 R H D J N D M K D T P U T V W I J G O O H Y D E
 O K Z S F A B C V G P Z O O F J R G M O D T R M
 U X T B U X J U C O R M F U O S A R V D N O L B
 D R H R S M O U P S E T C S C C N E C F X L Z A
 J G A E E H S O I Y C T O Y U A G S J H A E A R
 C O N A D U U W B F I C N Z S R R S S F N A N R
 A O K T L E O V W N A Y T U E E Y I R R X R G A
 L D F H W S G I V O T F R U D D T V E U I N J S
 M L U I L S Z J K D E E O C N J X E L S O M X S
 Y I L N N I I Y I K D Q L S J R J O E T U G V E
 F S W G R G T X T V B J D K H U R T A R S F K D
 X T V I Y T E R R I F I E D L Q B K X A P Z N Y
 N E H W G R A T I T U D E T Z H K F E T E Q N J
 H N A Z E V P I Z S I L L Y T D B T D E F Y S K
 K E E X E R C I S E O T B U I R I S X D L E I Y
 V R W O R R I E D E E X H A U S T E D C W Y V G

out of control	ready to learn	good listener	appreciated	embarrassed	aggressive
frustrated	breathing	exhausted	gratitude	terrified	confused
exercise	relaxed	thankful	annoyed	anxious	excited
focused	jealous	nervous	worried	yelling	scared
angry	bored	happy	proud	silly	tired
upset	calm	good	hurt	mean	sick
mad	sad	shy			