Zones of Regulation – Worksheet

What tool should you use if -



You are feeling upset as you were late going to break



hard to do on your own



You are finding your work You are very excited as you have a trip in the afternoon

What Zone is she in?



What Zone is he in?



The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at http://www.zonesofregulation.com/index.html