

Tools for Each of My ZONES

When I feel...

I can try...

| | |
|---|--|
| <p>Tired or Sad</p>  | |
| <p>Calm or Happy</p>  | |
| <p>Frustrated or Silly</p>  | |
| <p>Angry or Mad</p>  | |

Adapted for The Zones of Regulation® from the original work of Buron and Curtis' The Incredible 5-Point Scale (2003), www.5pointscale.com.