Emotions Flashcards – Zones of Regulation

www.SocialWorkersToolbox.com

FREE DOWNLOAD

HAPPY

CALM

PROUD

FRIENDLY

PEACEFUL

THANKFUL

HELPFUL

INTERESTED

WORRIED

NERVOUS

EXCITED

SILLY

FRUSTRATED

CONFUSED

ANNOYED

WIGGLY

ANGRY

SCARED

FURIOUS

CROSS

OUT OF CONTROL

PANICKED

OVERWHELMED

UPSET

SAD

TIRED

BORED

DISAPPOINTED

SHY

LONELY

QUIET

POORLY

GREEN ZONE

When you feel calm, happy, and ready to listen and learn.

BLUE ZONE

When your body feels slow or low, and you need to wake up or cheer up.

YELLOW ZONE

When your feelings start to get stronger, but you can still stay in control.

RED ZONE

When your feelings are very strong and you are not in control.

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM