|  |
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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Zones of Regulation

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| T | E | R | R | I | F | I | E | D | C |
| G | O | A | P | U | D | A | M | T | E |
| R | K | R | B | F | M | N | O | I | X |
| E | W | E | L | T | C | G | P | R | C |
| E | H | D | U | B | A | R | C | E | I |
| N | S | N | E | F | L | Y | M | D | T |
| H | A | P | P | Y | M | M | O | K | E |
| A | I | T | Y | E | L | L | O | W | D |
| B | O | A | U | N | S | I | C | K | W |
| F | R | U | S | T | R | A | T | E | D |

   sick       happy       terrified       angry       excited       frustrated       calm       tired       blue       Green       Red       Yellow