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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