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

Zones of Regulation

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| **Across**  **4.** Concept to control impulses; stop sign  **6.** Zone color associated with rage, anger, panic, elation  **10.** Collection of calming and altering strategies  **11.** Problems that affect one or two people; resolved in minutes  **14.** Behaviors that make people feel safe and comfortable  **15.** Problems that many people share, no quick or easy solution  **17.** Used to describe negative or self-defeating thoughts  **18.** A rigid form of thinking  **19.** An irritant | **Down**  **1.** Zone color associated with stress, frustration, anxious, silly  **2.** Preferred state of alertness; baselin  **3.** A flexible form of thinking  **5.** Behaviors that make people have uncomfortable thoughts  **7.** A system of categories using colors to describe emotions  **8.** Zone color associated with being sad, bored, tired, sick  **9.** Problems that can be resolved in an hour to a couple of days  **12.** Techniques used to self-regulate  **13.** Used to describe positive thoughts; positive self-talk  **16.** Zone collor associated with being calm, happy, focused |