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Zones of Regulation

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|  |  L |  |  | 4S |  T |  O |  P |  O |  P |  T |  A |  N |  D |  G |  O |  |  |  |  |
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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 |