

We all experience big feelings. The Zones help us name how we feel and choose what we need.

THE ZONES OF REGULATION

YOU'VE GOT THIS!

All feelings are ok. It's what we do with them that matters.

WELCOME TO THE CALM ZONE!



I FEEL: Happy Peaceful Safe Ready to learn	MY BODY FEELS: Calm heartbeat Slow breathing Relaxed muscles Comfortable and safe	MY BRAIN CAN: Listen Think clearly Learn Be kind to others	WAYS TO STAY CALM: Take a slow breath Relax your face Let your shoulders drop Think happy thoughts
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REMEMBER! The Calm Zone helps me: Learn Play Make good choices Feel my best

I am calm. I am safe. I can do hard things!

WELCOME TO THE FIZZY ZONE!



I FEEL: Excited Nervous Frustrated Wiggly	MY BODY FEELS: Fast heartbeat Need to move Tight muscles Warm or sweaty	MY BRAIN SAYS: "So much is happening!"	WHAT CAN I DO? Take deep breaths Stretch my body Take a movement break Talk to an adult
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REMEMBER! The Fizzy Zone is a signal. My feelings are getting bigger.

I can use my tools and stay in control.

WELCOME TO THE INTENSE ZONE!



I FEEL: Very angry Very scared Very upset Out of control	MY BODY FEELS: Heart pounding Fast breathing Tight muscles Wanting to run away or yell	MY BRAIN NEEDS: A pause Help to feel safe	WHAT CAN I DO? Slow breathing Splash cool water on my hands Ask for help Sit in a calm space
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REMEMBER! Big feelings are okay.

I can get help and feel safe again.

WELCOME TO THE FREEZE ZONE!



I FEEL: Sad Tired Lonely Bored	MY BODY FEELS: Heavy Sleepy Slow Foggy	MY BRAIN SAYS: "I don't feel ready."	WHAT CAN I DO? Move my body Drink water Listen to music Ask for a hug
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REMEMBER! All feelings are okay.

I can wake up my engine and feel better.

TOOLS I CAN USE ANYTIME



Listen to music



Journal



Drink water



Take deep breaths



Take a break or go outside



Use a calming object

CHECK IN, NAME IT, AND CHOOSE A STRATEGY.

Small choices lead to big changes.

WELCOME TO THE CALM ZONE!



When your body enters the “**Calm Zone**”—a harmonious state of emotional regulation and nervous system balance—it shifts into a survival-free “**rest and digest**” mode.

Your rational brain (the prefrontal cortex) comes fully “online,” allowing you to think clearly, connect with others, and feel completely safe.

PHYSICAL SENSATIONS & SIGNALS

HEART & BREATH



A calm, steady heart rate and slow, deep, effortless breathing.

MUSCLES



Deep physical relaxation, loose shoulders, a relaxed jaw, and a feeling of comfortable lightness or grounded stability.

SKIN & TEMPERATURE



Neutral, comfortable body temperature with regular, dry skin (no sudden stress-sweating).

GUT



A settled, comfortable stomach and efficient, smooth digestion.

PAIN



Absence of tension-based pain, or a significantly higher tolerance for existing discomfort due to low cortisol levels.

MENTAL & EMOTIONAL STATE



PRESENCE:

Deep feelings of contentment, peace, safety, and being completely in control of your reactions.



COGNITIVE CLARITY:

Sharp focus, a wide and open scope of attention, easy decision-making, and quiet, orderly thoughts.



CONNECTION:

An overwhelming urge to be social, engage in play, learn new things, and show empathy toward others.

LONG-TERM BENEFITS



Remaining in this balanced state for regular periods strengthens your **immune system**, improves **sleep quality**, boosts **memory retention**, and lowers your long-term risk of **cardiovascular disease**.

ACTIONS TO ANCHOR THE CALM ZONE

If you want to intentionally anchor, prolong, or invite this zone into your day, small actions can signal your brain and nervous system that you are safe:

1 SOFTEN YOUR FACE

Consciously drop your jaw, un-clench your teeth, and let your eyes relax.



2 EXTEND YOUR EXHALES

Breathe in for a count of 4, then exhale slowly for a count of 6 or 8 to actively slow your heart rate.



3 OPEN YOUR POSTURE

Drop your shoulders down and back, uncross your arms, and let your hands rest palms-up to signal safety to your brain.



You are safe. You are calm. You are capable. You are enough.

WELCOME TO THE

FIZZY ZONE!

I feel alert, energetic,
and ready to go!



This is the
FIZZY ZONE.

I am starting
to feel more
excited, wiggly,
or tense—but I
still have some
self-control.



In The Zones of Regulation framework, the Fizzy Zone represents a **heightened state of alertness and elevated energy.**

Your body may feel wiggly, buzzy, or tense as your nervous system revs up, though you still maintain some self-control.

PHYSICAL SENSATIONS AND SIGNS OF THE FIZZY ZONE

THE "WIGGLES" OR RESTLESSNESS



A feeling of
needing to move,
fidget, or squirm.

ELEVATED HEART RATE



Feeling your heart
beating faster than
when you are
completely calm.

TEMPERATURE CHANGES



Feeling your body
warming up, getting
sweaty, or feeling
flushed.

MUSCLE TENSION



Feeling tightness
in your
muscles.

MENTAL AND EMOTIONAL ELEVATION



Your thoughts moving
faster alongside
bubbling emotions like
nervousness, **anxiety**,
frustration, or highly
excited, hyper energy.



This zone can happen during positive moments (like being at a birthday party) or more challenging situations (like feeling frustrated at work or anxious before a presentation). It serves as an important warning sign that your body and emotions are starting to get stronger, meaning it is a good time to apply regulation tools.



WHEN CAN I BE IN THE FIZZY ZONE?

POSITIVE MOMENTS (Feeling Good!)



Like being at a
birthday party, playing
your favorite game, or
getting excited about
something fun!



CHALLENGING SITUATIONS (Feeling Not-So-Good)



Like feeling frustrated
at work, anxious before
a presentation, or in a
overwhelming.



OR

IMPORTANT

REMINDER!

The Fizzy Zone is a
WARNING SIGN.

It means my body and
emotions are starting
to get stronger.
It is a good time to

USE MY TOOLS

to stay in control and
move through the emotion.



I notice. I understand. I choose a tool. I stay in control.



WELCOME TO THE FREEZE ZONE!



In The Zones of Regulation, the **Freeze Zone** is a low-energy state where your brain and body feel like they are moving in slow motion.

Feeling “frozen” is totally normal, and all feelings are okay—everyone experiences this zone.

HOW YOUR BODY FEELS IN THE FREEZE ZONE

When you are in the **Freeze Zone**, your engine is running very slowly. You might notice the following signs:

BODY AND ENERGY



You feel extremely tired, sleepy, or lethargic. Your arms and legs might feel heavy, and your **heart rate slows down**.

MOOD



You might feel sad, lonely, hurt, or disappointed.

MOTIVATION



You feel bored or have no energy to do anything.

FOCUS



You might have a foggy head, making it hard to concentrate.

TOOLS AND STRATEGIES TO HELP

When you are in the **Freeze Zone**, you often need tools to either give your body a boost of energy or to give your mind the comfort it needs. Some great strategies to try include:

1. WAKING YOUR ENGINE UP

If you are tired or bored and need to be focused, you can try “waking up” your body:



MOVEMENT:

Do some quick cardio, do jumping jacks, or jump on a trampoline.



STRETCHING:

Do some quick yoga stretches to get your blood pumping.



WATER:

Drink a glass of cold water to refresh your brain.



MUSIC:

Listen to upbeat, lively music.



YOU GOT THIS!

2. GIVING YOUR BODY COMFORT

If you are sick, hurt, or feeling sad, your body isn't asking for more energy; it's asking for a reset.



COZY REST:

Take a break in a quiet, cozy corner, snuggle with a soft blanket, or sit on a bean bag.



COMFORT:

Ask an adult or a family member for a hug.



HAPPY THOUGHTS:

Look at a photo of a fun memory, or talk about what makes you happy.



TALK IT OUT:

Tell a teacher or a trusted adult how you are feeling.

ALL FEELINGS ARE OKAY.
It's okay to feel frozen sometimes.



WELCOME TO THE **INTENSE** ZONE!



When your body enters the **"Intense Zone"**—a heightened state of emotional dysregulation or chronic stress—it shifts into a survival or **"fight, flight, or freeze"** mode. Your rational brain goes effectively **"offline,"** and your emotional brain takes over.

YOUR BODY & MIND IN THE INTENSE ZONE

PHYSICAL SENSATIONS & SIGNALS



HEART & BREATH:

A rapidly pounding heart, an elevated heart rate, and shallow, labored, or restricted breathing.



MUSCLES:

Severe tension, tight shoulders, clenched jaws, and sometimes tremors or shaking.



SKIN & TEMPERATURE:

Flushed skin, sudden sweating (or a cold, clammy feeling), and feeling physically "hot" or warm.



GUT:

Swirling sensations, knots, or cramping in your stomach.



PAIN:

Stress-induced headaches, dizziness, and general body aches.

[1, 2, 3, 4, 5]

MENTAL & EMOTIONAL STATE



OVERWHELM:

Intense feelings of anger, rage, terror, or feeling completely out of control.



COGNITIVE FOG:

A narrow focus of attention, difficulty making decisions, and racing or erratic thoughts.



ACTION URGES:

An overwhelming urge to either lash out or run away (flight/fight).



If you are stuck in this high-alert state for prolonged periods, it can lead to chronic fatigue, dampened immunity, and digestive issues.



STUCK IN THE INTENSE ZONE? YOU CAN INTERRUPT IT!

Micro-actions can help signal your nervous system that it is safe to settle.
Try one (or more!) of these:

SHIFT YOUR POSTURE

Unclench. Uncross.
Roll your shoulders.
Stand tall.



OR

SPLASH COLD WATER ON YOUR WRISTS

The cold helps reset your body's stress response.



OR

PRACTICE DEEP 4-7-8 BREATHING

Inhale for 4,
hold for 7,
exhale for 8.
Repeat 4 times.



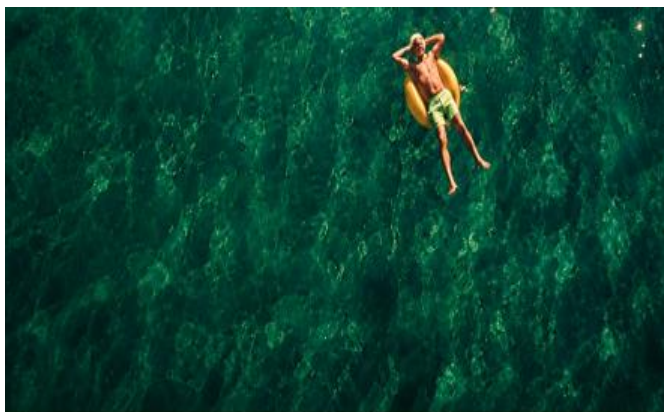
YOU ARE STRONG. YOU CAN RESET.
ONE BREATH. ONE CHOICE. ONE STEP AT A TIME.



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This image shows a blank sheet of white paper with a blue border. There are eight vertical black lines spaced evenly across the page, creating nine columns. These lines are intended for students to write their answers to the questions listed on the left side of the worksheet.

[illegible][illegible][illegible]



CALM ZONE

Relaxed



Ready



Calm



Rest & Digest



Our body feels ok and ready to do things. ♥

FIZZY ZONE



Excited,



High Energy but in control



Agitated



Animated

Our body feels different. ♥



LOW ENERGY

FREEZE ZONE

OVERWHELMED



LONELY



SICK



SAD



Our body feels like it is hard to move or get going. ♥

INTENSE ZONE



High Energy



FIGHT or FLIGHT



Intense Emotions

Our body feels like it is out of control. ♥

WELCOME TO THE CALM ZONE!



I FEEL:



Happy
Peaceful
Safe
Ready to learn

MY BODY FEELS:






Calm heartbeat
Slow breathing
Relaxed muscles
Comfortable and safe

MY BRAIN CAN:






Listen
Think clearly
Learn
Be kind to others

WAYS TO STAY CALM:






Take a slow breath
Relax your face
Let your shoulders drop
Think happy thoughts

The Calm Zone helps me: ☆ Learn ☆ Play ☆ Make good choices ☆ Feel my best

REMEMBER!

I am calm. I am safe. I can do hard things! ♥

WELCOME TO THE FIZZY ZONE!



I FEEL:






Excited
Nervous
Frustrated
Wiggly

MY BODY FEELS:






Fast heartbeat
Need to move
Tight muscles
Warm or sweaty

MY BRAIN SAYS:



"So much is happening!"

WHAT CAN I DO?






Take deep breaths
Stretch my body
Take a movement break
Talk to an adult

The Fizzy Zone is a signal.
My feelings are getting bigger.

REMEMBER!

I can use my tools and stay in control. ♥

WELCOME TO THE INTENSE ZONE!



I FEEL:






Very angry
Very scared
Very upset
Out of control

MY BODY FEELS:






Heart pounding
Fast breathing
Tight muscles
Wanting to run away or yell

MY BRAIN NEEDS:





A pause
Help to feel safe

WHAT CAN I DO?






Slow breathing
Splash cool water on my hands
Ask for help
Sit in a calm space

Big feelings are okay.

REMEMBER!

I can get help and feel safe again. ♥

WELCOME TO THE FREEZE ZONE!



I FEEL:






Sad
Tired
Lonely
Bored

MY BODY FEELS:






Heavy
Sleepy
Slow
Foggy

MY BRAIN SAYS:



"I don't feel ready."

WHAT CAN I DO?






Move my body
Drink water
Listen to music
Ask for a hug

All feelings are okay.

REMEMBER!

I can wake up my engine and feel better. ♥