

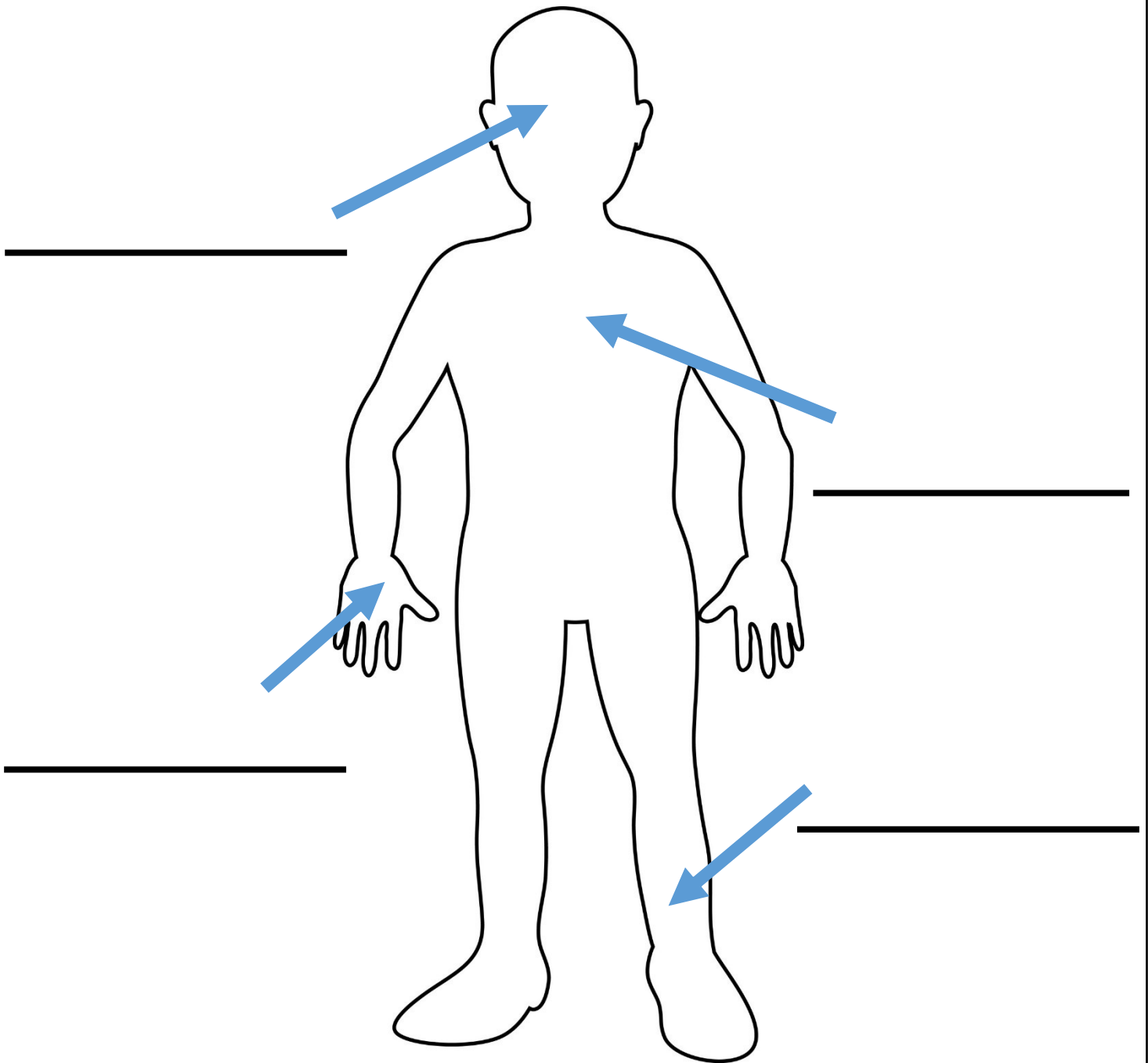
My Body in the ZONES



Worksheets

Visual Worksheet to Identifying
Your Body's Reaction in the Zones

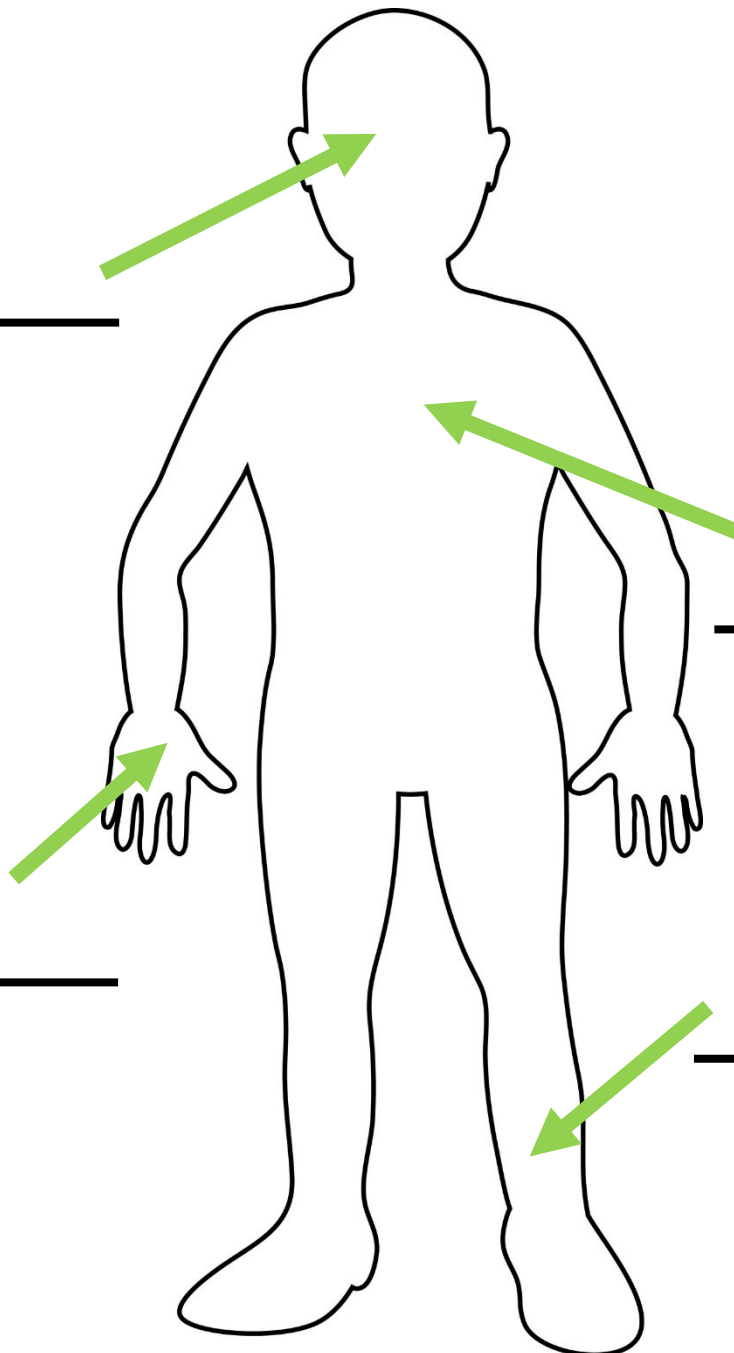
My Body in the Blue Zone



I feel _____ .

My body is _____ .

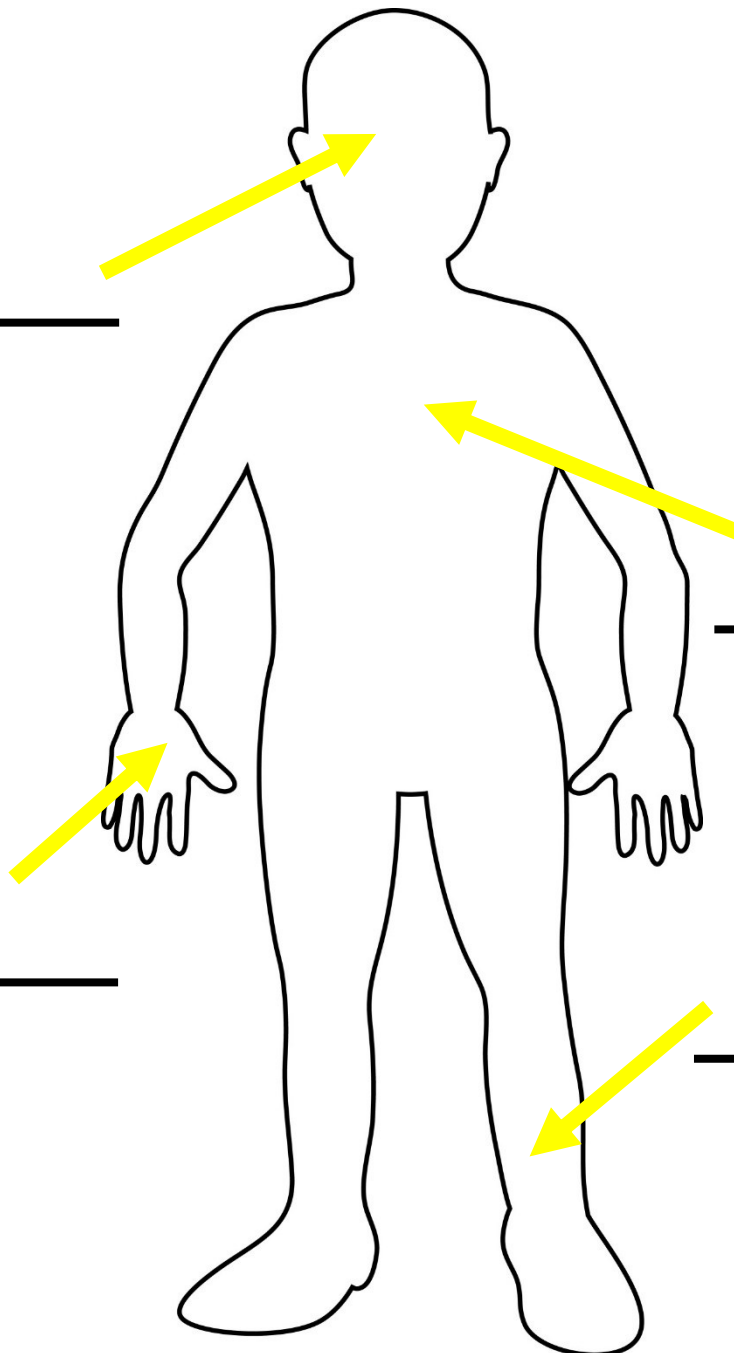
My Body in the Green Zone



I feel _____ .

My body is _____ .

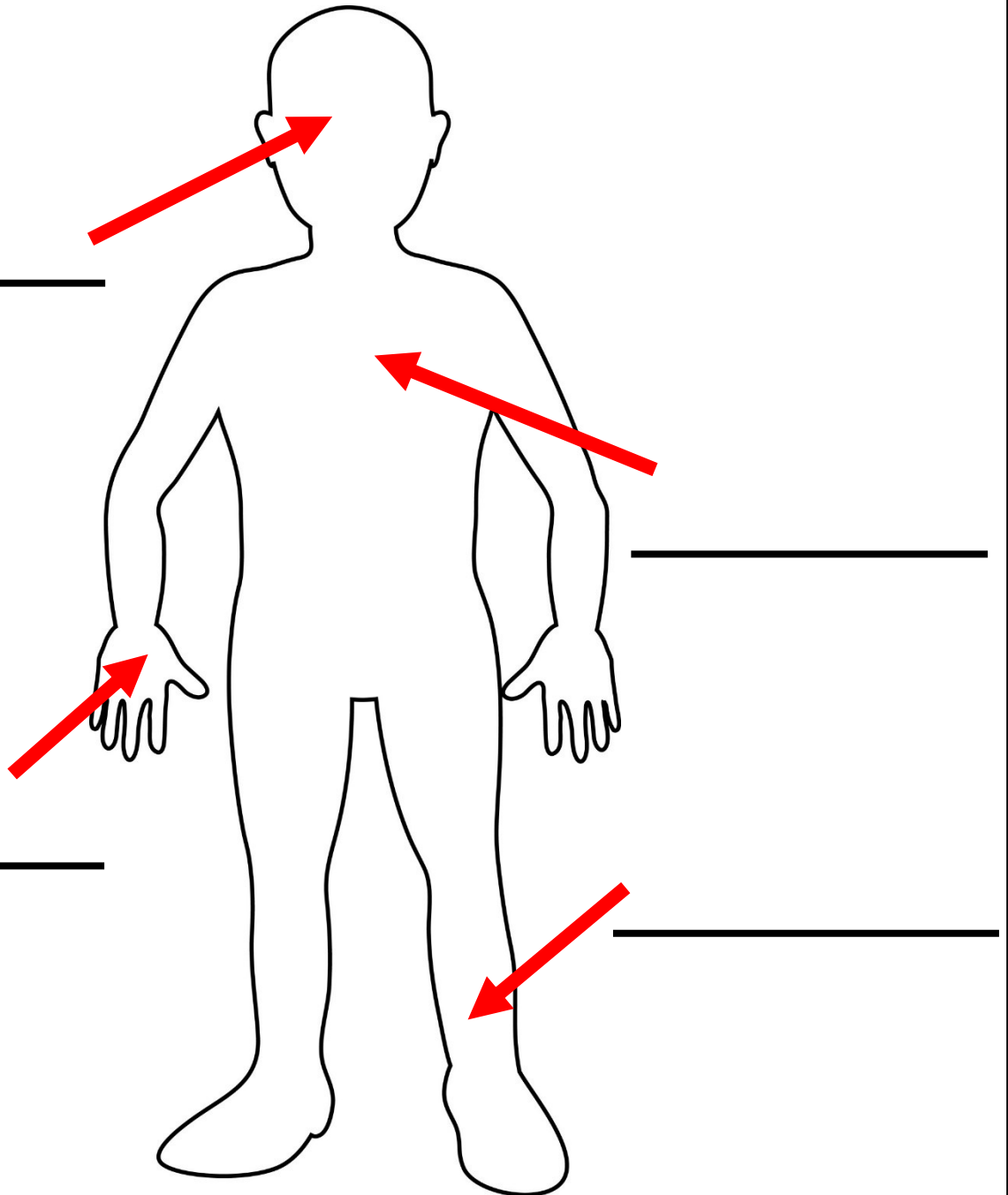
My Body in the Yellow Zone



I feel _____ .

My body is _____ .

My Body in the Red Zone



I feel _____ .

My body is _____ .

THANK YOU!

Hope you enjoyed your
download based upon the
Zones of Regulation program!

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