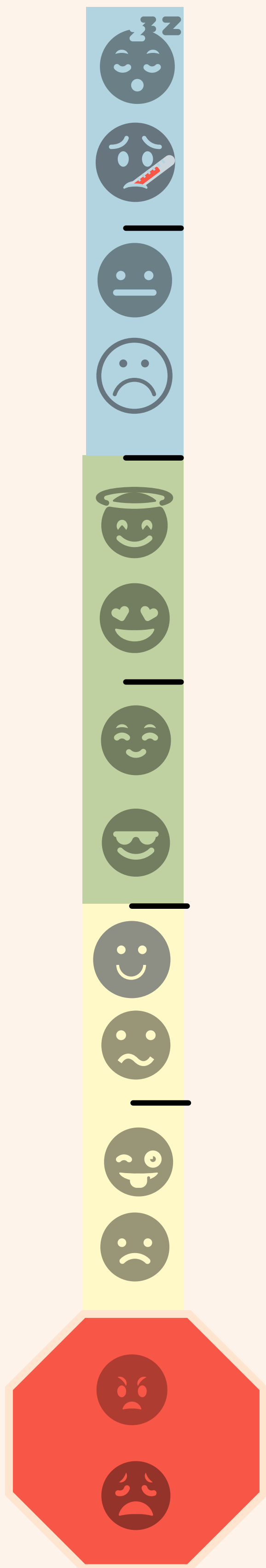


ZONES OF REGULATION



BLUE ZONE



TIRED
SAD
SICK
BORED

GREEN ZONE



CALM
HAPPY
POSITIVE
FOCUSED

YELLOW ZONE



EXCITED
FRUSTRATED
GIGGLY
WORRIED

RED ZONE



MAD
ECSTATIC
OUT OF CONTROL
TERRIFIED