

The Zones of Regulation - Green Zone

C	D	Y	M	N	N	Y	U	U	E	O	N	A	E
D	D	L	Y	E	L	E	R	G	D	X	D	D	D
D	U	O	R	P	G	D	T	D	A	T	I	H	O
X	E	N	R	A	E	L	O	T	Y	D	A	E	R
P	A	G	E	E	H	O	C	O	N	E	O	P	I
L	Y	O	E	L	A	O	A	S	K	N	M	D	C
O	T	O	O	F	P	E	L	C	A	A	D	N	C
R	N	D	F	O	P	R	M	R	O	A	Y	Y	D
T	T	T	T	O	Y	E	O	N	T	F	G	I	T
N	A	O	C	O	R	E	L	A	X	E	D	R	T
O	R	G	N	N	C	O	N	T	E	N	T	R	G
C	F	O	P	D	A	O	O	R	T	O	C	E	S
N	T	D	H	Y	N	D	E	T	N	N	G	L	G
I	E	N	P	E	N	F	O	C	U	S	E	D	R

PROUD
 HAPPY
 OKAY
 CONTENT
 FOCUSED
 READYTOLEARN
 CALM
 RELAXED
 INCONTROL
 GOODTOGO

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