**Dogs ‘zones of regulation’**

**Red Zone**

Angry

Feels in danger/ at risk

Really scared or afraid

Out of control

**Yellow Zone**

Frustrated

Worried

Some loss of control

Silly/ wiggly/ excited

**Green Zone**

Happy

Calm

Focused

Ready to learn

**Blue zone**

Sad

Sick

Tired or Asleep

Bored

*For this activity you can find pictures either online or in magazines of dogs in each zone and put the pictures/ words next to the relevant zone. Discuss all the signs which tell us which zone the dog is in.*