

The **ZONES** of Regulation®

| BLUE ZONE | | GREEN ZONE | | YELLOW ZONE | | RED ZONE | |
|------------|---------|------------|--------------------|-------------------|------------|------------|-----------|
| Kiswahili | English | Kiswahili | English | Kiswahili | English | Kiswahili | English |
| Kusikitika | Sad | Furaha | Happy | Kujisikia fadhaik | Frustrated | Kukasirika | Angry/mad |
| Analia | Cry | Mzuri | Good/nice/ calm | Kuwasiwasi | Worried | Kuogopa | Scared |
| Ugonjwa | Sick | | | Unachecka | Silly | | |
| Kuchoka | Tired | | | | | | |