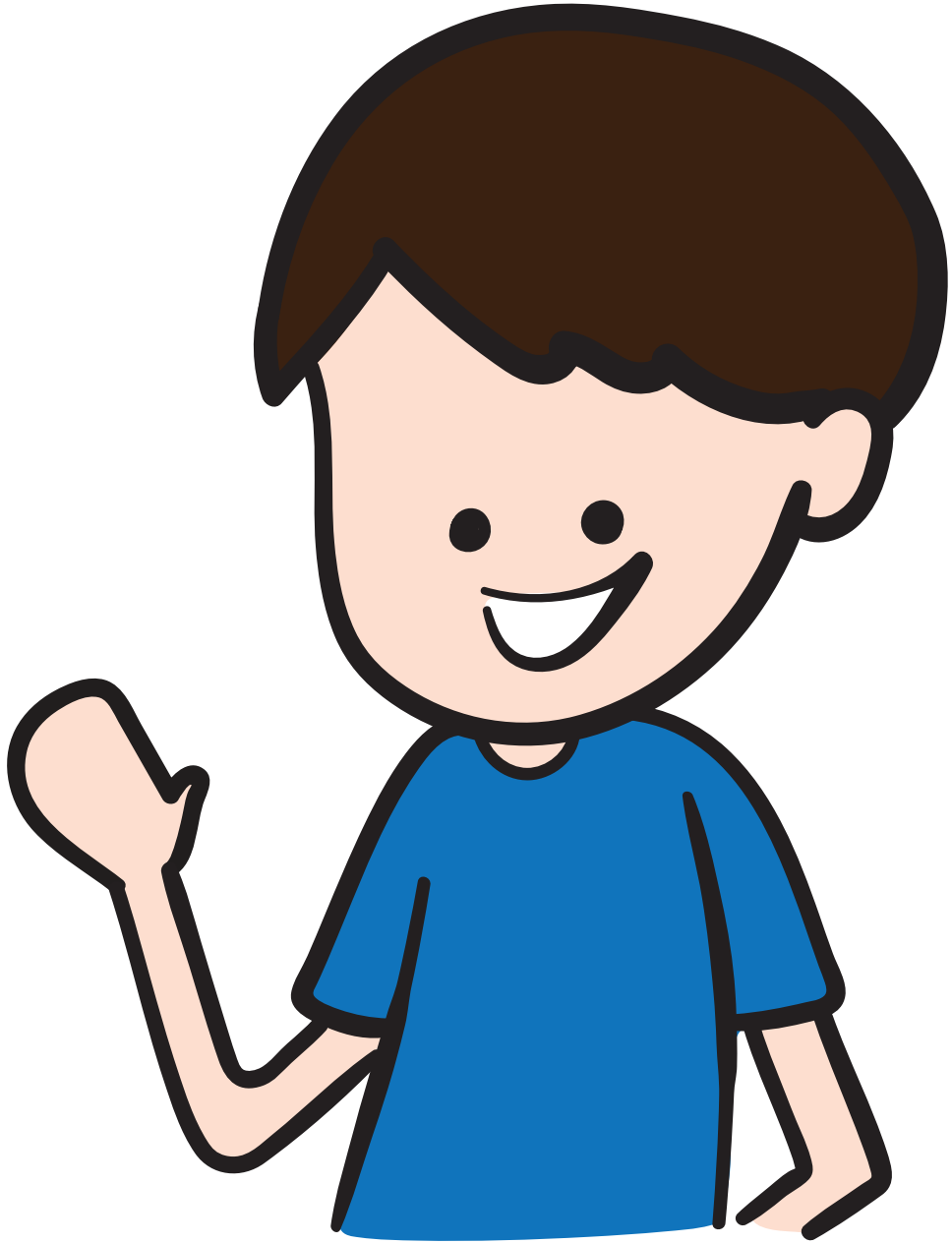
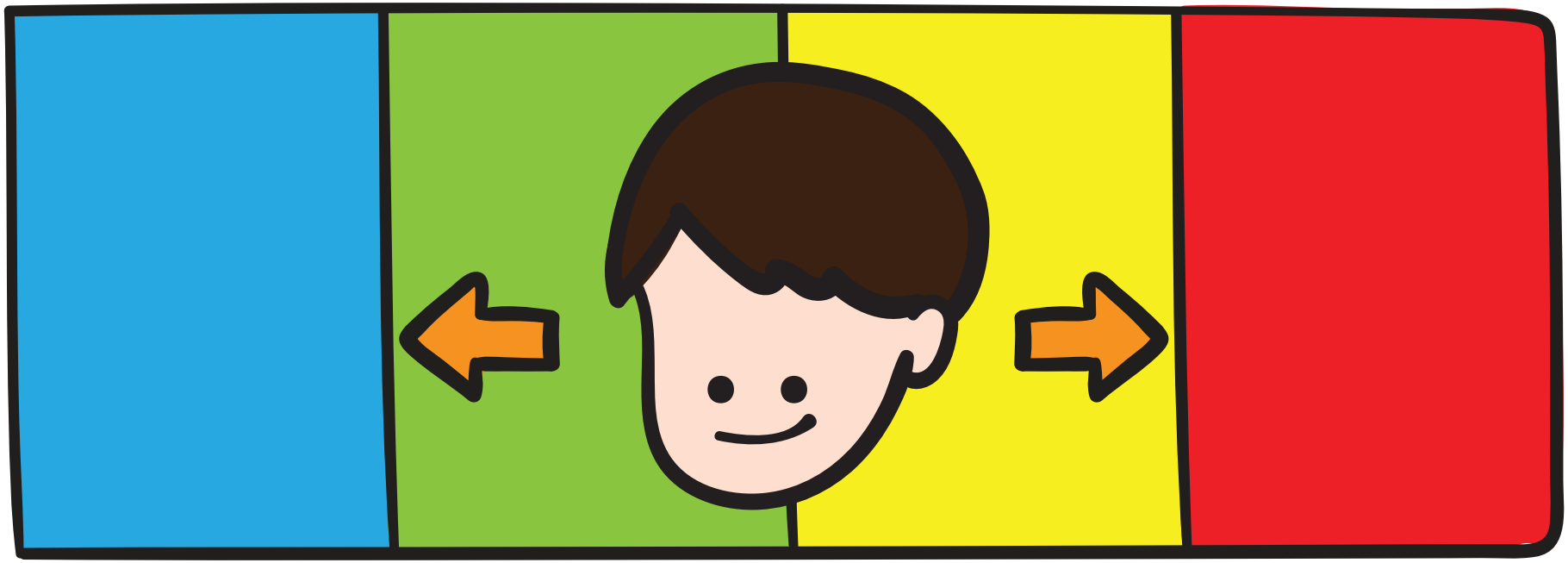
Hi, I'm Tyler! Today we're going to talk about "Zones of Regulation".



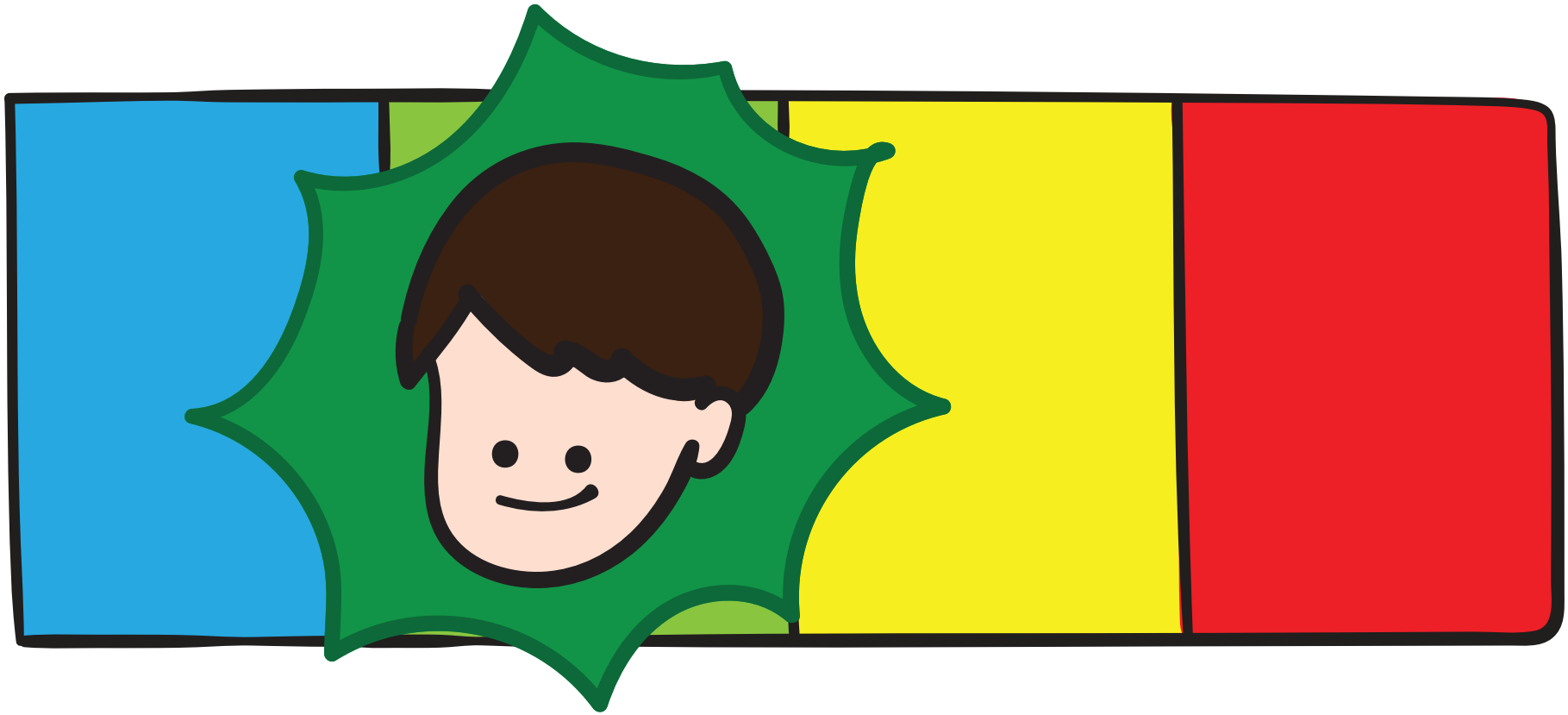
© 2018 AutismWorks

What that means is that when I'm feeling different emotions, my body moves between different zones.



© 2018 AutismWorks

Right now, I feel happy! My body is just right,
not too high, not too low.



I am in the green zone!

© 2018 AutismWorks

Green means go! When I'm in the green zone...

I am ready to work

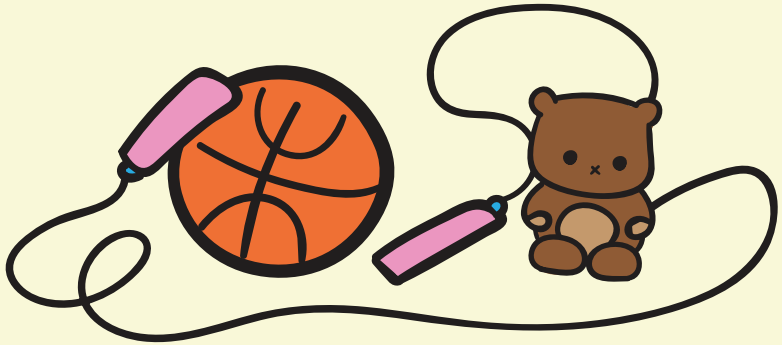


GO

I can help others

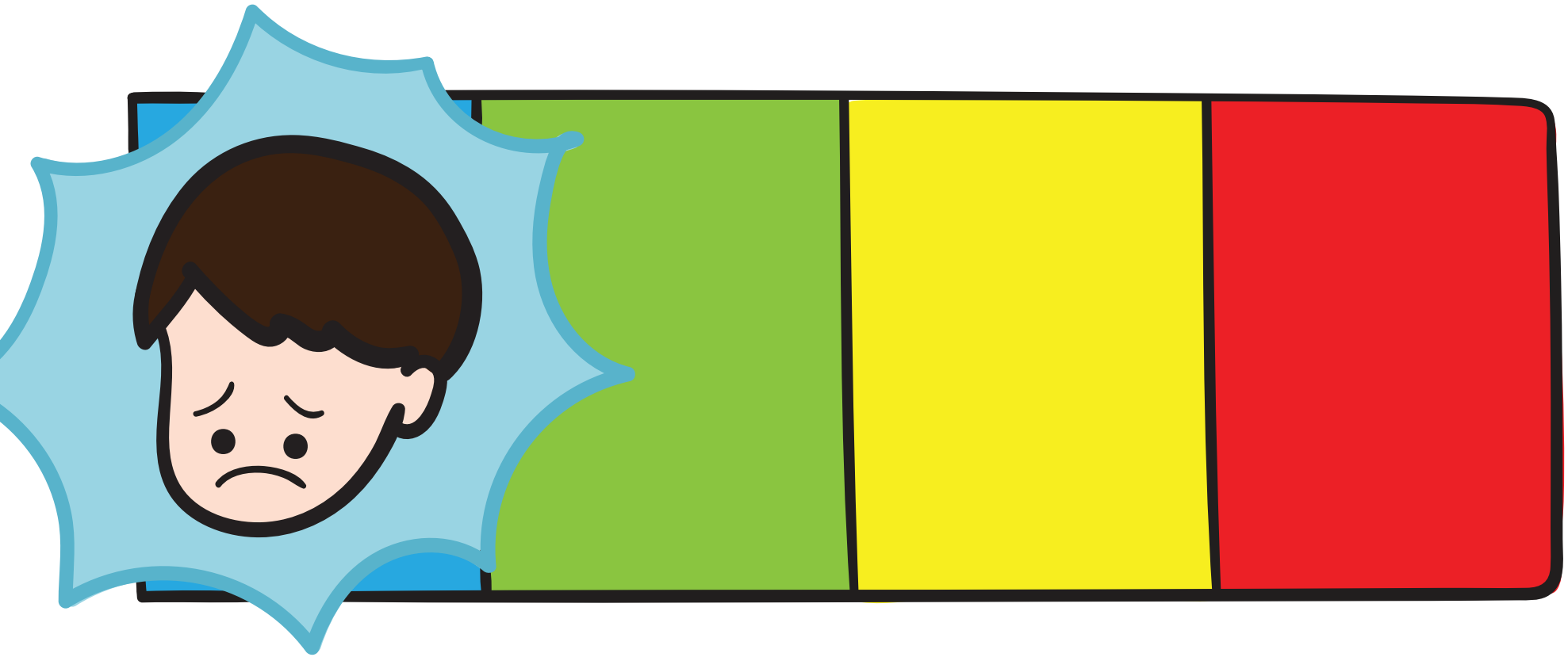


I can ask my friends to play



© 2018 AutismWorks

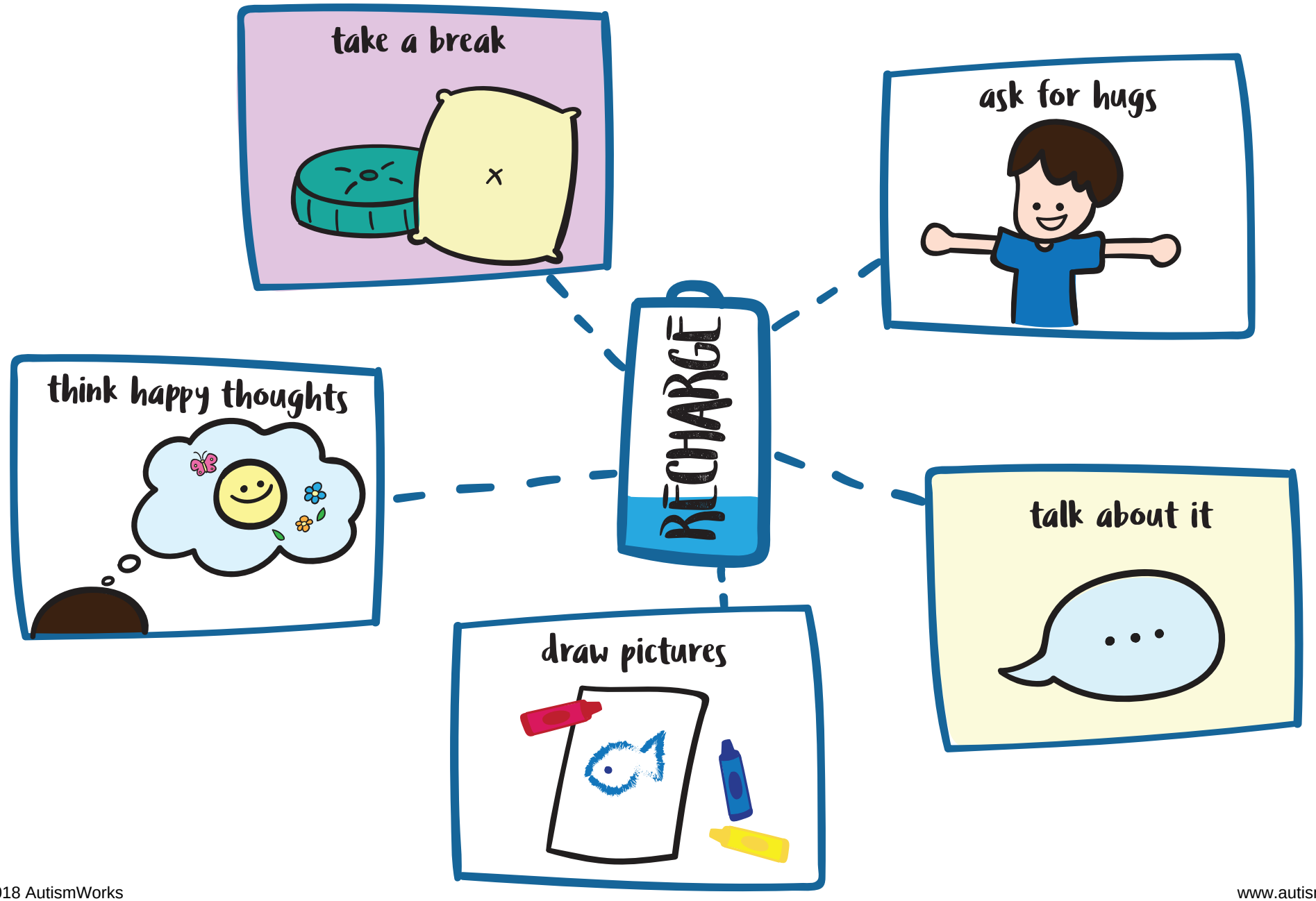
Sometimes, I get a little tired, or I may fall sick.
My body starts to run too low.



That's when I'm in the blue zone.

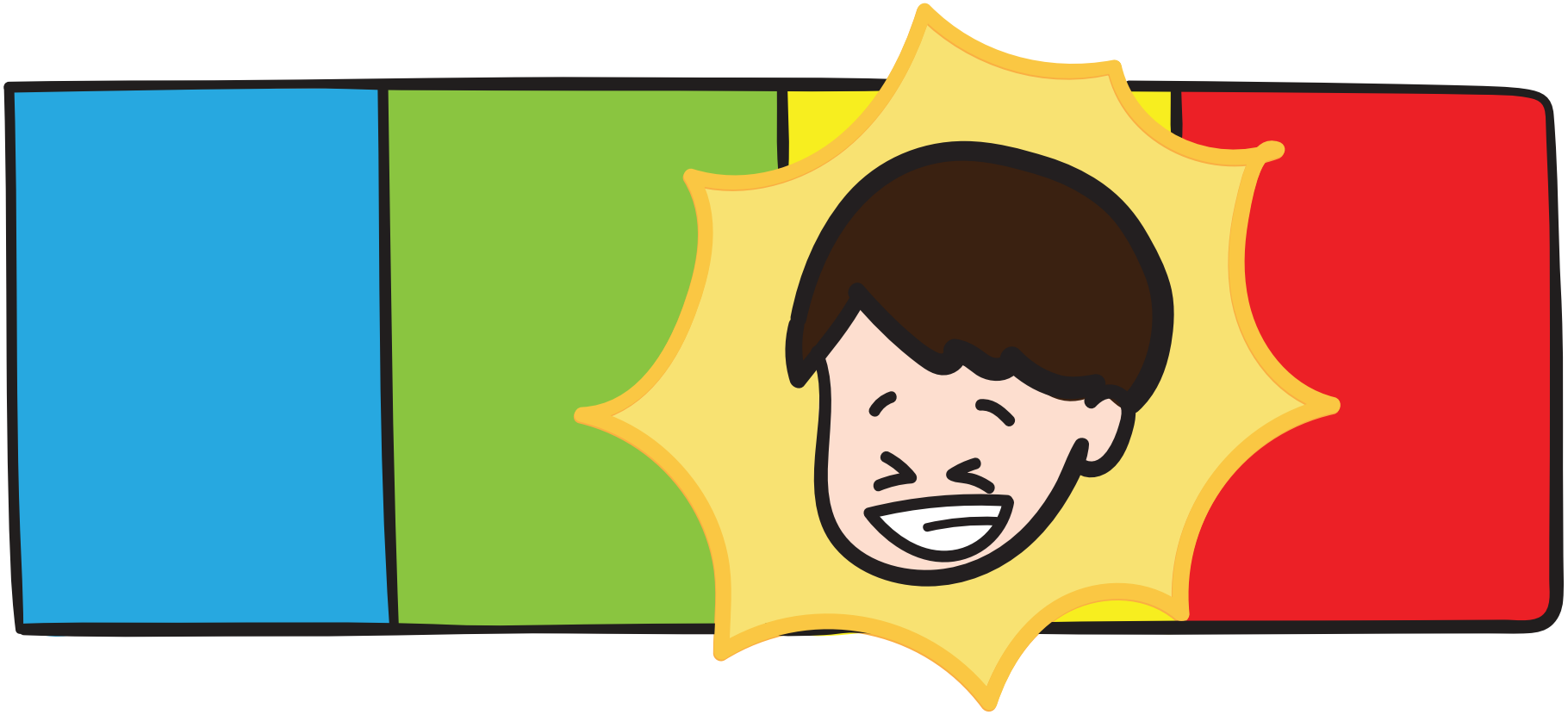
© 2018 AutismWorks

The blue zone is like a rest stop where I can recharge my batteries to get back to the green zone. I can...



© 2018 AutismWorks

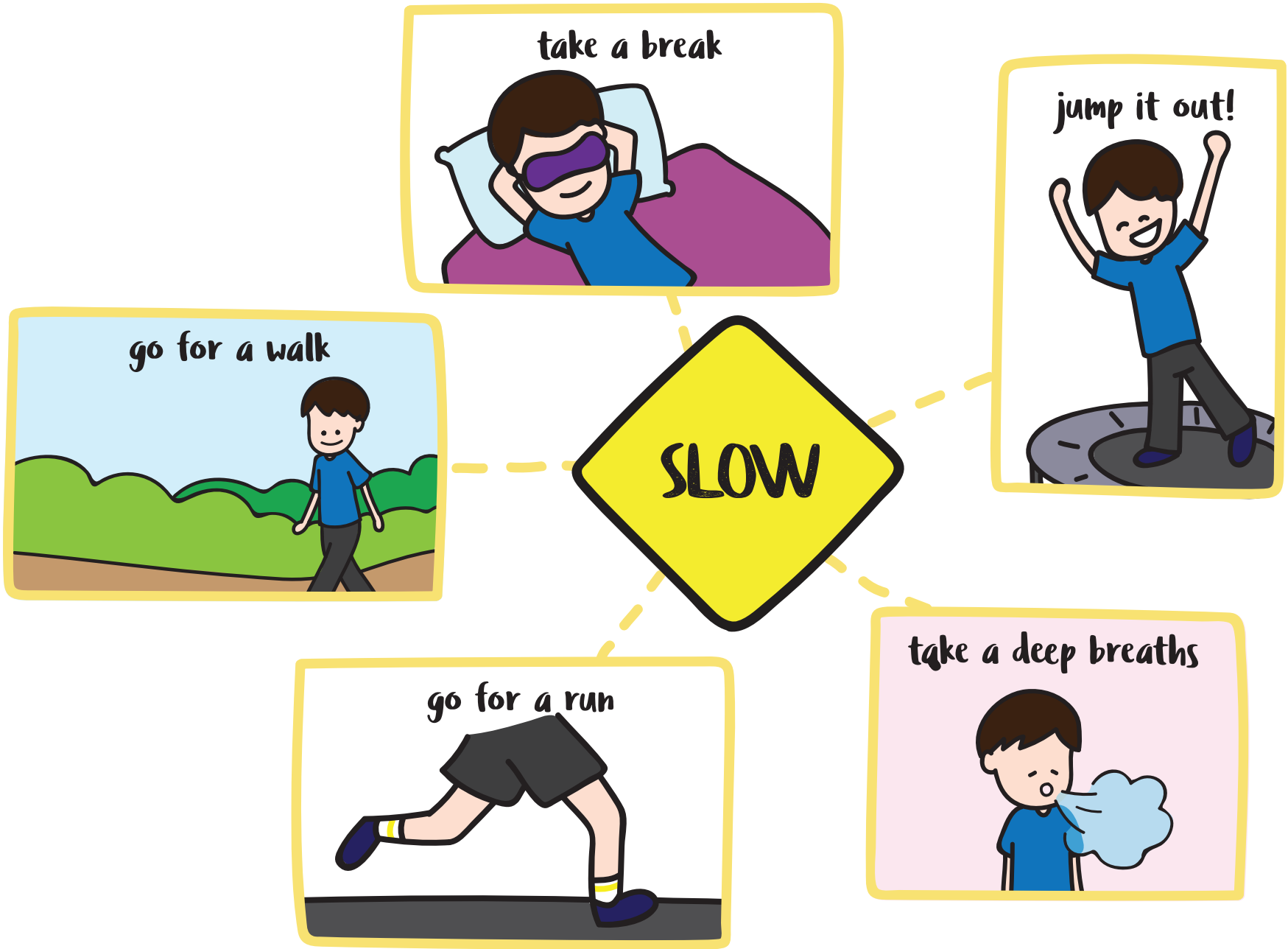
Sometimes, my body gets a little too high. This could be when I'm feeling super silly, excited, or annoyed.



That's when I'm in the yellow zone!

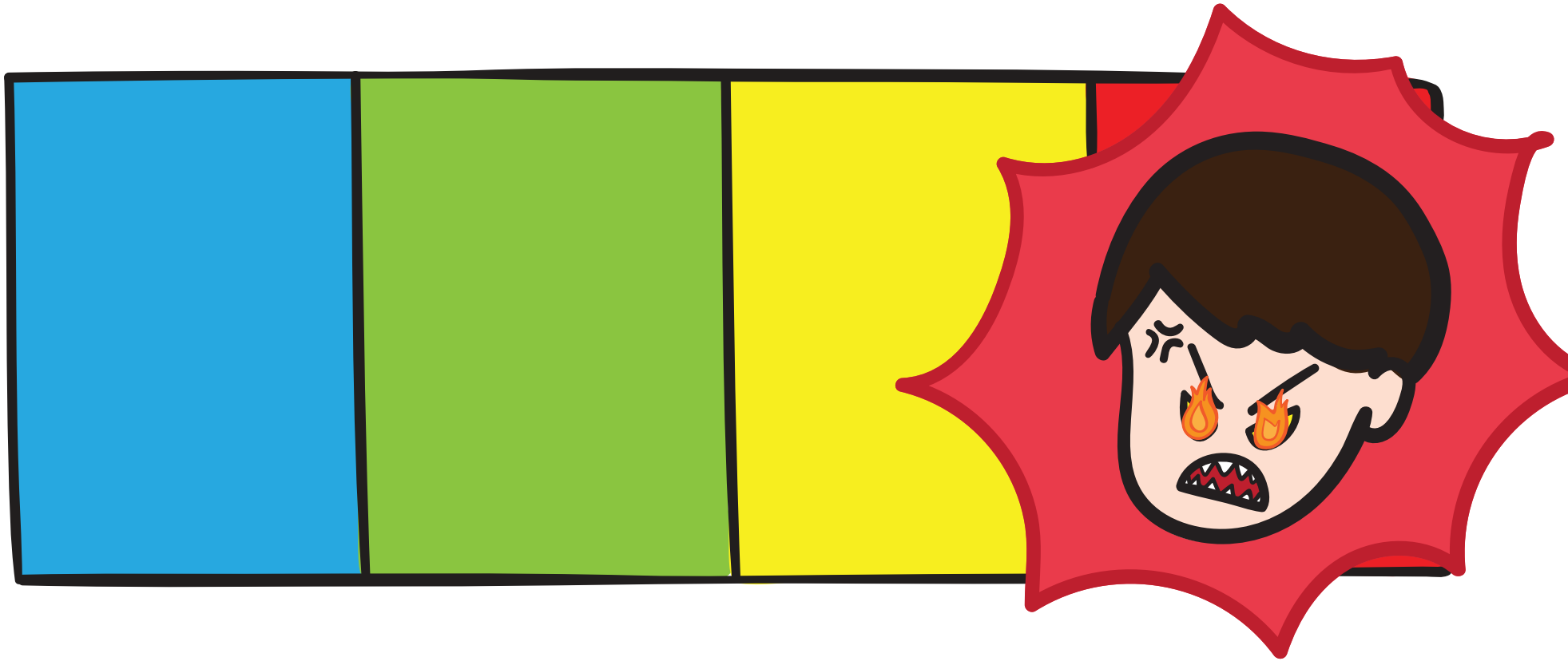
© 2018 AutismWorks

When I'm in the yellow zone, I need to slow down to get back to the green zone. I can...



© 2018 AutismWorks

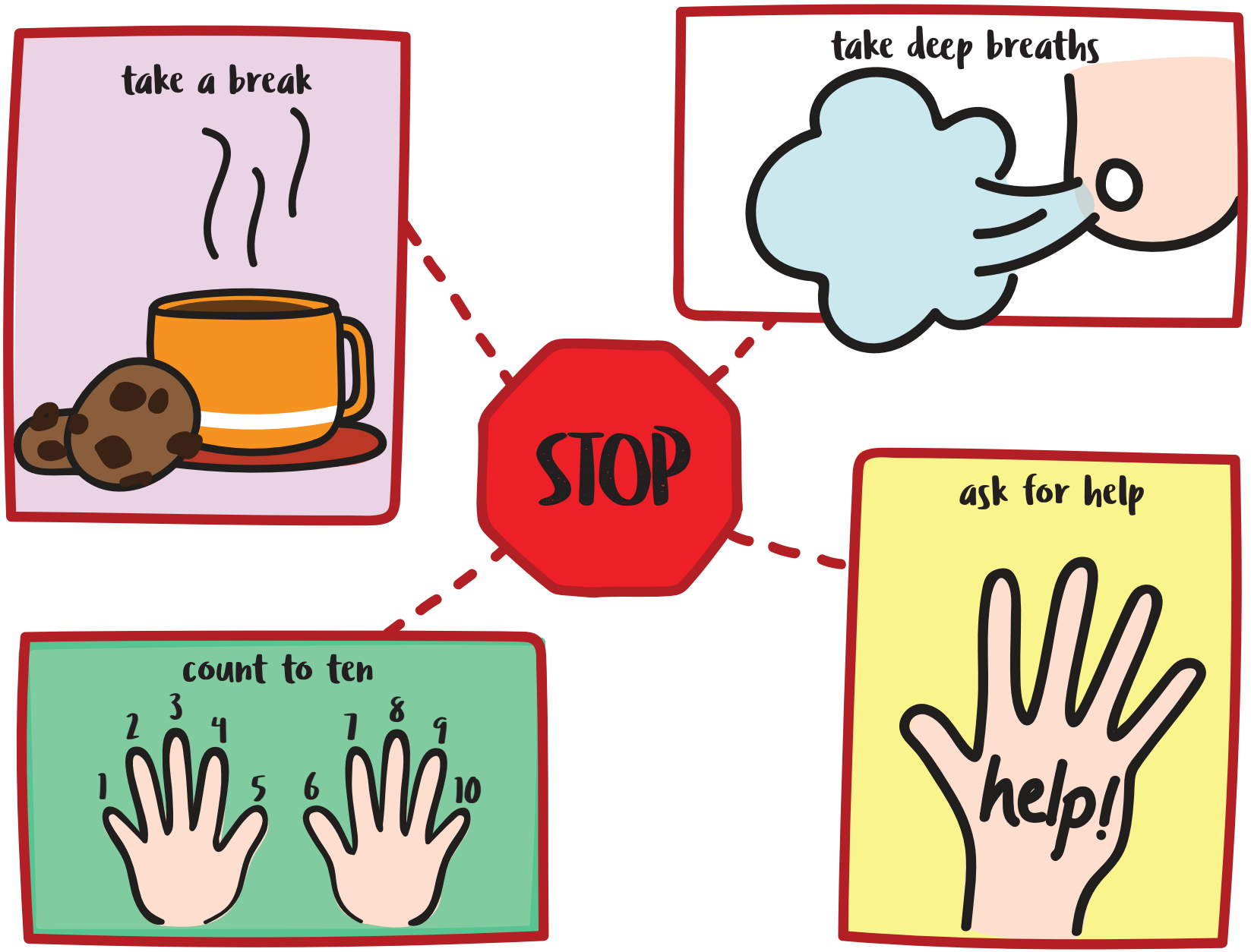
Sometimes my body gets way too high! This happens when I feel very sad, or very angry.



That's when I'm in the red zone!

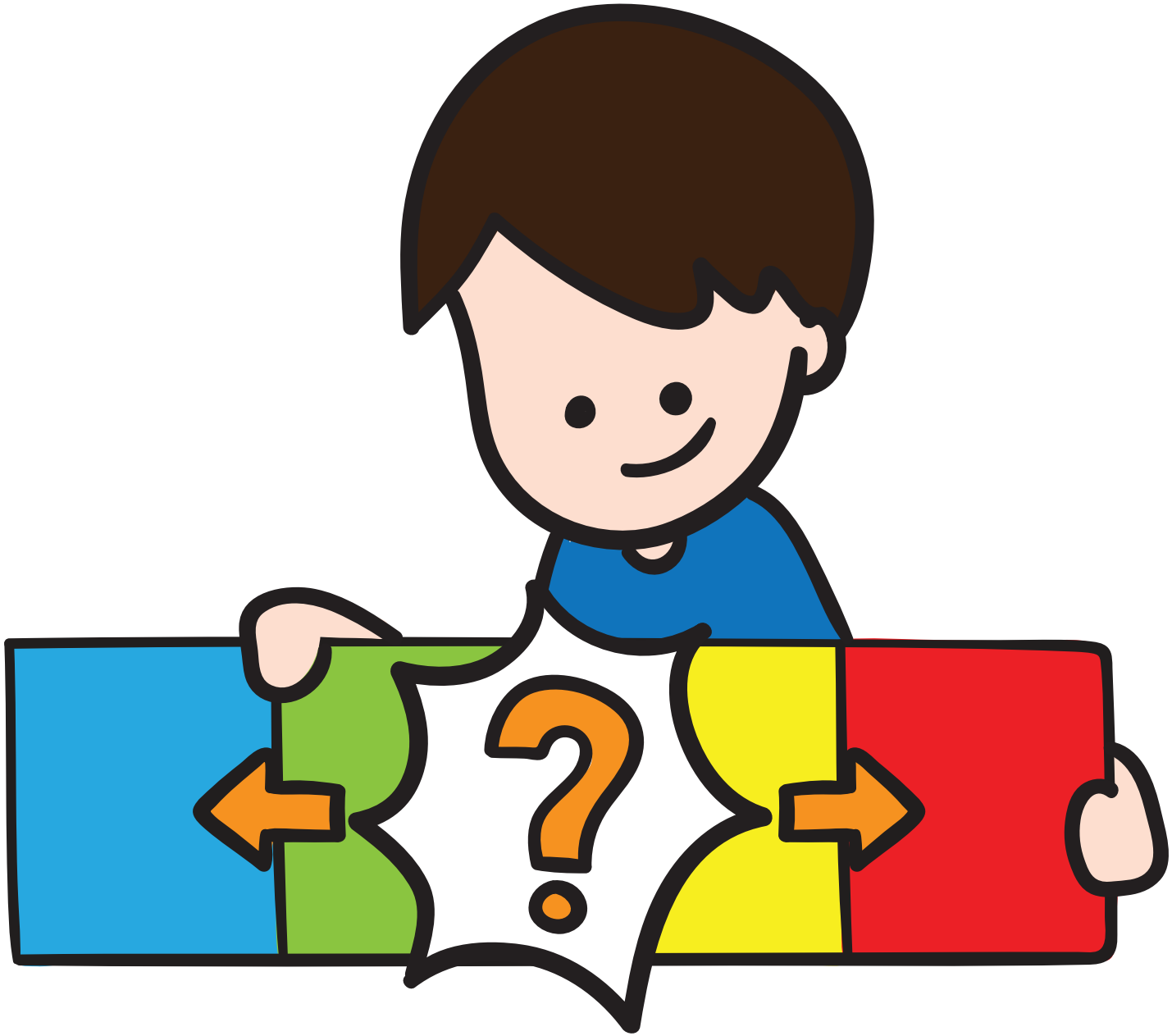
© 2018 AutismWorks

Red means stop! I need to calm down to get back to the green zone. I can...



© 2018 AutismWorks

When I know what zone I'm in, I can take appropriate steps to get back to the green zone!



© 2018 AutismWorks

What zone are you in?



© 2018 AutismWorks

For grown-ups: what comes next

This story helps a child name a feeling and find their zone. But what about the meltdown nobody can explain, the silence after school, or the worry about friends?

Tyler McNamer has autism. He was non-verbal until six and spoke in full sentences by twelve. Today he is an author and speaker. In his video library, Tyler and the parents who raised him explain what it felt like from the inside, and what helped.

- 90+ hours of step-by-step video programs
- Meltdowns, friendships, speech and school
- Bonus: A Father's Perspective, Tyler's Talks and animated social stories
- Watch on any device, any time

Your first month

$1

then $29/month · cancel anytime with one email

Start for $1 →

Printed copy?
Scan with your phone camera.

autismworks.com/tyler-library-1-dollar-trial

190,000+ books sold · Instant access · Cancel anytime

© 2026 AutismWorks