

This is me in the Green Zone:

Name _____

When I'm in the Green Zone I feel

Happy

Ready to Learn

Calm

Focused

Relaxed



I have Green Zone feelings when I:

This is me in the Blue Zone:

Name _____

When I'm in the Blue Zone I feel

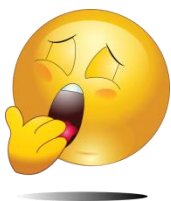
Sad

Tired

Shy

HURT

Bored



I have Blue Zone feelings when I:

This is me in the Yellow Zone:

Name _____

When I'm in the Yellow Zone I feel

Worried

frustrated

Silly
Wiggly

Distracted



I have Yellow Zone feelings when I:

This is me in the Red Zone:

Name _____

When I'm in the Red Zone I feel

Angry
Out of Control
Mad
terrified
Crazy



I have Red Zone feelings when I: