

Which zone are you in?

Blue



- *Sad
- *Tired
- *Bored
- *Sick
- *Disappointed
- *Moving slowly

Green



- *Happy
- *Content
- *Feeling okay
- *Focused
- *Calm
- *Ready to learn

Yellow



- *Worried
- *Scared
- *Silly/Wiggly
- *Excited
- *Embarrassed
- *Less control

Red



- *Annoyed
- *Angry
- *Mean
- *Yelling/Hitting
- *Disgusted
- *Out of control

