

# Blue Zone

**Down**



**Tired**

**Sick**

**Sad**

**Drained**

**Bored**

**Moving Slowly**

# Blue Zone

**Down**

**Sick**



**Tired**

**Bored**

**Drained**

**Sad**

**Moving Slowly**

# Blue Zone

**Down**

**Sick**



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**Sad**

**Drained**

**Bored**

**Moving Slowly**

# Blue Zone

**Down**

**Sad**



**Tired**

**Sick**

**Drained**

**Bored**

**Moving Slowly**

# Green Zone



**Chill**

**Happy**

**At Ease**

**Focused**

**Calm**

**Ready to Learn**

# Green Zone

**At Ease**



**Happy**

**Chill**

**Ready to Learn**

**Calm**

**Focused**

# Green Zone

**Chill**



**Happy**

**At Ease**

**Focused**

**Calm**

**Ready to Learn**

# Yellow Zone

**Enthusiastic**

**Frustrated**



**Silly**

**On Edge**

**Worried**

**Anxious**

# Yellow Zone

**Silly**      **On Edge**



**Enthusiastic**

**Frustrated**

**Worried**

**Anxious**

# Yellow Zone

**Enthusiastic**



**On Edge**

**Silly**

**Frustrated**

**Anxious**

**Worried**

# Red Zone



**Stressed**

**Angry**

**Panicked**

**Enraged**

**Scared**

**Out of Control**

# Red Zone

**Stressed**



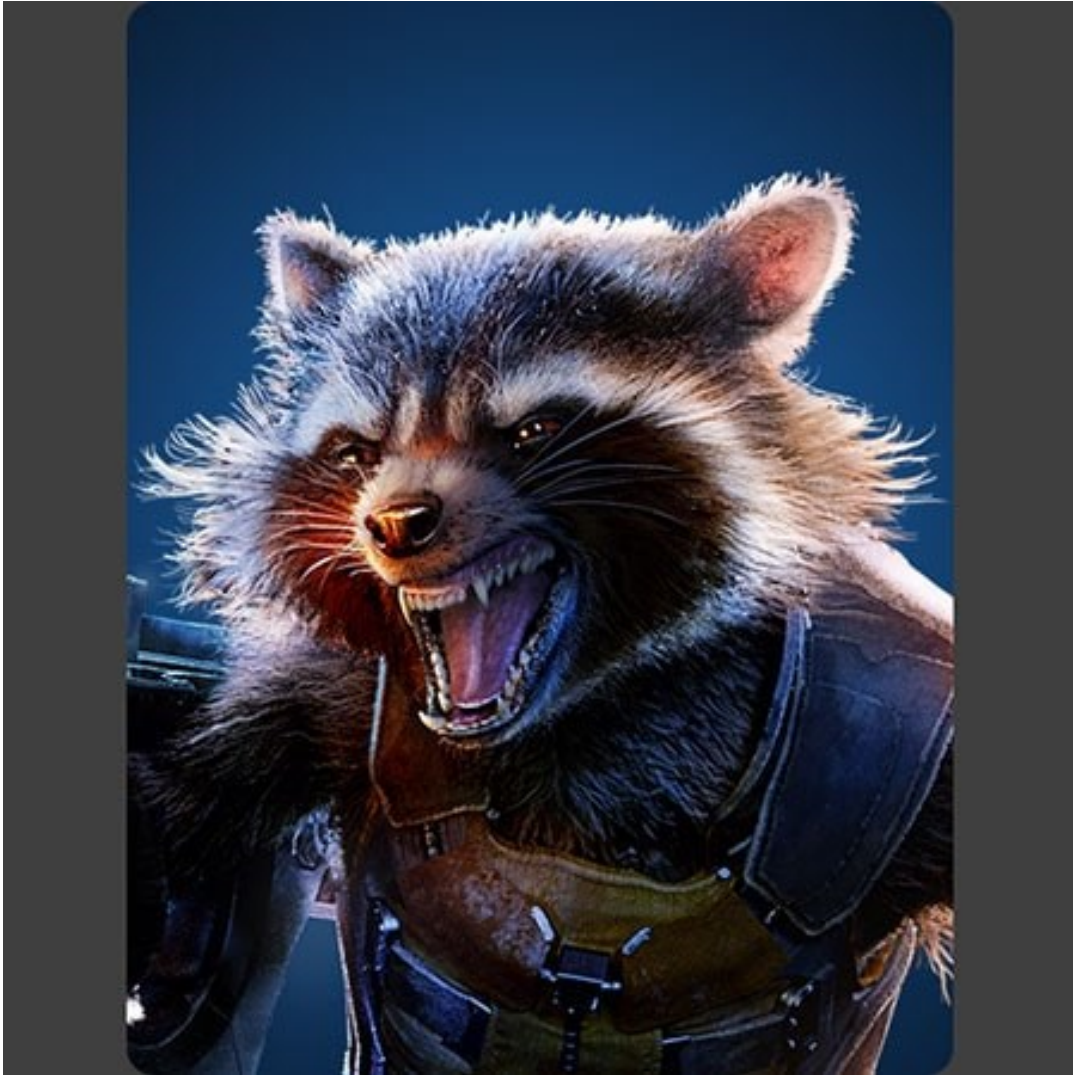
**Panicked**

**Enraged**

**Scared**

**Out of Control**

# Red Zone



**Stressed**

**Angry**

**Scared**

**Panicked**

**Enraged**

**Out of Control**

# What Zone Are You In?

Blue



Sick  
Sad  
Tired  
Bored  
Moving Slowly

Green



Happy  
Calm  
Feeling Okay  
Focused  
Ready to Learn

Yellow



Frustrated  
Worried  
Silly/Wiggly  
Excited  
Loss of Some  
Control

Red



Mad/Angry  
Mean  
Yelling/Hitting  
Disgusted  
Out of Control

# What Zone Are You In?

Blue



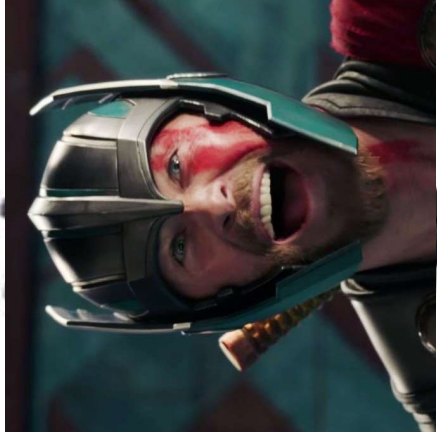
Sick  
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Bored  
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Calm  
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Frustrated  
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Excited  
Loss of Some  
Control

Red



Mad/Angry  
Mean  
Yelling/Hitting  
Disgusted  
Out of Control

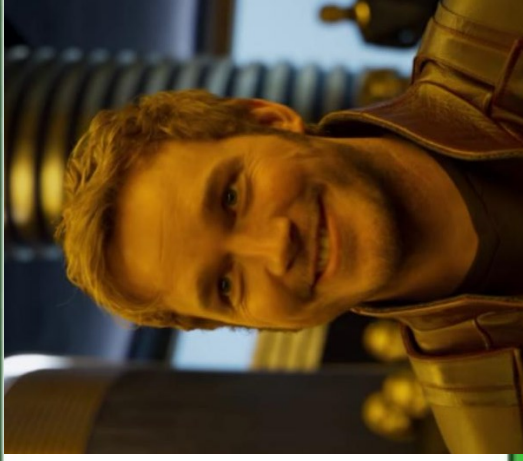
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