

What 'zone' are you in?



BLUE

GREEN

YELLOW

RED

Sick
Tired
Sad
Fed up
Moving slowly
Bored

Happy
Calm
Feeling ok
Focused
Ready to learn
Peaceful

Worried
'Wiggly/tangled'
Scared
Fearful
Overthinking
Distracted
Embarrassed

Angry
Disgusted
Disappointed
Want to refuse
Want to hurt
Frustrated
Mad
Explosive
Envious
Irritated