



















Elementary: 2nd and 3rd Grade = Be an Emotion Scientist

Noticing how you feel makes it easier to make choices about what to do. Practicing this skill every day helps us notice how we feel in times of stress so we can make choices we feel good about.

Say how you feel! To figure out how you feel you can pay attention to:

- How your body feels
- Your thoughts
- Your emotions

You and the adults you're with can use the [Zones of Regulation Chart](#) or the Mood Meter to help figure out how you feel. Print off your favorite chart and make it a habit to check in with each other. Building a rich emotional vocabulary is a skill that will last a lifetime.

The ZONES of Regulation®			
 	 	 	 
 	 	 	 
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad	Happy	Frustrated	Mad/Angry
Sick	Calm	Worried	Terrified
Tired	Feeling Okay	Silly/Wiggly	Yelling/Hitting
Bored	Focused	Excited	Elated
Moving Slowly	Ready to Learn	Loss of Some Control	Out of Control

MOOD METER

How are you feeling?

