

# WHAT "ZONE" ARE YOU IN?

## BLUE

*(Low Energy Zone)*

Possible Emotions

- Sad, Tired, moving slow, sick, bored



## GREEN

*(In Control Zone)*

Possible Emotions

- Feeling Okay, happy, focused, calm



## YELLOW

*(A Little Out of Control Zone)*

Possible Emotions

- Worried, Scared, Silly, Excited, Frustrated



## RED

*(Out of Control Zone)*

Possible Emotions

- Mad/angry, Yelling, Hitting, Elated



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