

Blue Zone

How might you feel?



sad
tired
tearful
moody
hopeless
unhappy
withdrawn
miserable



Low Energy

What might help you?



Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close your eyes

Running
Slow

Green Zone

How might you feel?



proud
calm
content
positive
focused
thankful
happy
ready to learn



Happy

What might help you?



The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?

Good
to Go

Yellow Zone

How might you feel?



nervous
excited
frustrated
annoyed
worried
stressed
Confused
not ready to learn



Wobbly

What might help you?



Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

Caution

Red Zone

How might you feel?



angry
mad
frustrated
scared
out of control
yelling
sweaty
mean



Helping Hand

What might help you?



Take deep breaths
Ask for a break
Find a safe space
Stop what I'm doing
Make sensible choices
Ask for help

STOP!