



RED ZONE

ANGRY/MAD
TERRIFIED
ELATED/ECSTATIC
DEVASTATED
PANICKED
OUT OF CONTROL

YELLOW ZONE

FRUSTRATED
WORRIED/ANXIOUS
EXCITED/ SILLY
RESTLESS
OVERWHELMED
LOSS OF SOME CONTROL

GREEN ZONE

HAPPY
CALM
OKAY/CONTENT
FOCUSED
PROUD
RELAXED

BLUE ZONE

SAD
LONELY
TIRED/EXHAUSTED
BORED
DEPRESSED
MOVING SLOW

WHAT ZONE ARE YOU IN?

RED ZONE

Angry/Mad • Terrified • Elated/Ecstatic
Devastated • Panicked • Out of Control

YELLOW ZONE

Frustrated • Worried/Anxious
Excited/ Silly • Restless • Overwhelmed
Loss of Some Control

GREEN ZONE

Happy • Calm • Okay/Content
Focused • Proud • Relaxed

BLUE ZONE

Sad • Lonely
Tired/Exhausted • Bored
Depressed • Moving slow

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Happy • Calm • Okay/Content
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Sad • Lonely
Tired/Exhausted • Bored
Depressed • Moving slow