

What Zone Are You In?

Blue

Green

Yellow

Red



Sad
Tired
Sick
Bored
Moving Slowly
Feeling Negative

Happy
Calm
Feeling Focused
Feeling Okay
Ready To Learn
Feeling Positive

Frustrated
Annoyed
Worried
Silly/Giggly
Over-Excited
Nervous

Mad
Angry
Mean
Feeling Out of Control
Irritated

What can I do when I'm in this Zone?

Take a break
Drink some water
Think of a happy memory
Talk to a friend
Draw/colour
Talk about it

Keep going, you're doing great!
Enjoy the feeling in the present.

Share the positivity!

Talk to a friend
Talk to an adult
Write it down
Get some fresh air
Have a glass of water
Colour/Draw
Happy thoughts

Breathing exercises
Chill-out time
Go to a safe space
Get some fresh air
Speak to an adult/friend
Draw/colour/music
Name 5 things from each of your senses