

# Blue Zone

Moving Slowly

Tired



Sick

Sad

Bored

# Green Zone

Ready to Learn



Calm

Happy

Feeling Okay

Focused

# Yellow Zone

Loss of Some Control



Frustrated

Silly

Excited

Worried



# Red Zone

**Out of Control**

**Terrified**

**Yelling/Hitting**



**Elated**

**Mad/Angry**





