

What ZONE Are You In?

Blue



**Sick
Tired
Bored
Moving
Slowly**

Green



**Happy
Calm
Feeling Okay
Focused
Ready to
Learn**

Yellow



**Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some
Control**

Red



**Mad/Angry
Mean
Yelling/Hitting
Out of
Control**