

Right Now I'm In The...

| Blue Zone | Green Zone | Yellow Zone | Red Zone |
|---|---|--|---|
|  |  |  |  |
| Sad Tired Sick Bored | Happy Calm Focused Ready to learn | Frustrated Worried Silly Excited | Mad Angry Afraid Not doing my work |

Right Now I'm In The...

| Blue Zone | Green Zone | Yellow Zone | Red Zone |
|---|---|--|---|
|  |  |  |  |
| Sad Tired Sick Bored | Happy Calm Focused Ready to learn | Frustrated Worried Silly Excited | Mad Angry Afraid Not doing my work |