

BLUE ZONE



sad



hurt



sick



tired

what can I do?

REST

Take a break

Ask for help

Talk to someone

Jump up and down 5x

Can you think of any more?

GREEN ZONE



happy



focused



calm



excited

what can I do?

GO

Think happy thoughts

Finish my work

Help others

Share ideas

Can you think of any more?

YELLOW ZONE



surprised



confused



worried



silly

what can I do?

SLOW DOWN

Take deep breaths

Talk to someone

Go for a short walk

count to ten

Can you think of any more?

RED ZONE



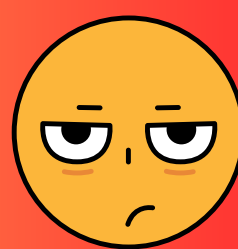
angry



raging



terrified



annoyed

what can I do?

STOP

Take a time out

Run a lap

Squeeze a stress ball

Drink Water

Can you think of any more?