

What Zone Are You In?

Tian Ip Music Therapy and Psychotherapy www.tianip.ca

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

I can also... ?

Green Zone



HAPPY



FOCUSED



CALM



EXCITED

What can I do?

GO



Think happy thoughts



Finish my work



Help others



Share ideas

I can also... ?

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

I can also... ?

Red Zone



ANGRY



RAGING



TERRIFIED



ANNOYED

What can I do?

STOP



Take a time out



Run a lap



Squeeze a stress ball



Drink water

I can also... ?