





# What Zone Are You In?

## Blue Zone

 SAD

 SICK

 HURT

 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

 CALM

 FOCUSED

 EXCITED

What can I do?

## GO

 Think happy thoughts


 Finish my work


 Help others


 Share ideas


*I can also... ?*

## Yellow Zone

 SURPRISED

 WORRIED

 CONFUSED

 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... ?*