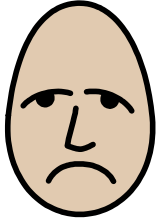




Sick

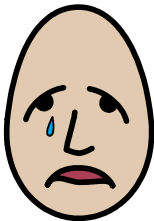


Sad

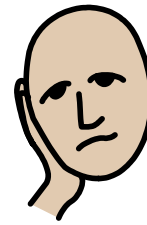


Tired

I feel...



Upset

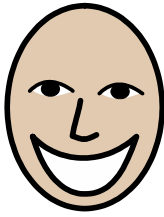


Bored

Blue Zone Strategies

"I need to have a rest"

- I need to take a break
- I need to think happy thoughts
- I need to talk about my feelings
 - I need to ask for a hug
 - I need to draw a picture

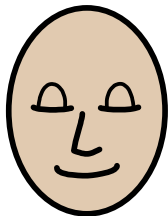


Happy

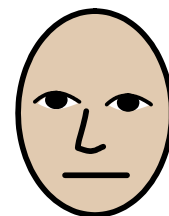


Good

I feel...



Calm

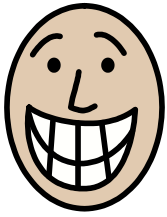


ok

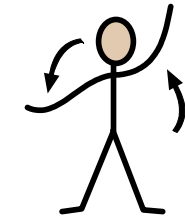
Green Zone Strategies

"I am ready to learn!"

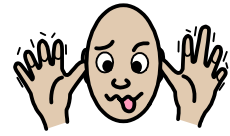
- I can complete my work
- I can listen to my teacher
- I can remember my daily goal
- I am thinking happy thoughts
 - I can help others



Excited



Wiggly



Silly

I feel...



Frustrated



Worried

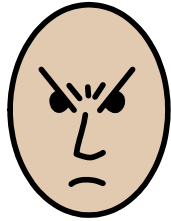


Scared

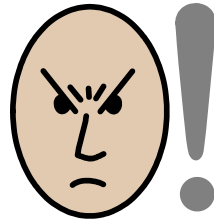
Yellow Zone Strategies

"I need to slow down"

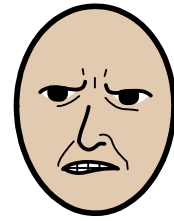
- I need to take a break
- I need to take 3 deep breaths
- I need to talk to a teacher
- I need to squeeze my stress ball
- I need to go for a walk



Annoyed



Angry

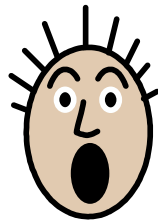


Mean

I feel...



Yelling



Terrified



Hitting

Red Zone Strategies

"I need to stop"

- I need to take a break
- I need to take 3 deep breaths
 - I need to count to 10
- I need to squeeze my stress ball
- I need to talk about my problem

