

Name: _____

I am in the _____ zone because I feel _____ and I'm thinking about _____.

Emotions



I can move to the green zone by doing _____

and thinking _____.

Taking deep breaths

Getting a drink

Stretching

Standing and working

Other _____

Name: _____

I am in the _____ zone because I feel _____ and I'm thinking about _____.

Blue Zone Emotions



Other blue zone emotions:

I can move to the green zone by doing _____

and thinking _____.

Taking deep breaths
Stretching

Getting a drink
Standing and working

Other _____

Name: _____

I am in the _____ zone because I feel _____ and I'm thinking about _____.

Yellow Zone Emotions



Frustrated
Annoyed



Embarrassed



Silly



Hungry
Grouchy
"Hangry"

Other yellow zone emotions:

I can move to the green zone by doing _____

and thinking _____.

Taking deep breaths

Getting a drink

Stretching

Standing and working

Other _____

Name: _____

I am in the _____ zone because I feel _____ and I'm thinking about _____.

Red Zone Emotions



Other red zone emotions:

I can move to the green zone by doing _____

and thinking _____.

Taking deep breaths
Stretching

Getting a drink
Standing and working

Other _____