Name:		
I am in the zone	because I feel	and I'm thinking
about		·
Emotions		
Scared Tired Sac		
Calm Peaceful		
Frustrated Annoyed Embarrassed	Silly Grouchy, "Hangry"	
Furious Rage Mad		
I can move to the green zo	ne by doing	
and thinking		·
Taking deep breaths Stretching Other	Getting a drink Standing and working	

Name:		
I am in the zon	e because I feel	_ and I'm thinking
about		·
Blue Zone Emotions		
Scared Worried	red Saal	
Other blue zone emotions	5:	
	one by doing	
Taking deep breaths Stretching		
Other		

Name:		
I am in the	_ zone because I feel	and I'm thinking
about		·
Yellow Zone Emotion	S	
Frustrated Annoyed	Embarrassed Sill	Hungry Grouchy, "Hangry"
Other yellow zone er	motions:	
I can move to the great and thinking	en zone by doing	
Taking daan buaatha	Catting a duink	
Taking deep breaths Stretching	Getting a drink Standing and working	
Other		

I am in thez	one because I feel and I'm thinking
about	-
Red Zone Emotions Furious Rage	
rage	Mad
Other red zone emotion	r'lad s:
Other red zone emotion I can move to the green	zone by doing
Other red zone emotion I can move to the green	zone by doing