



WHAT ZONE ARE YOU FEELING?



Blue Zone

Sad
Tired
Sick
Bored
Feeling slow



Green Zone

Calm
Happy
I'm focused
Feeling okay
In control



Yellow Zone

Excited
Anxious
Nervous
Frustrated
Confused



Red Zone

Angry
Scared
Panic
I want to yell
I'm not in control



@The.Sky.Within.You