






Tired


Sad



BLUE ZONE





No Energy



Hurt Unwell



GREEN ZONE


Looks like: 
 Calm body Focused
 Listening body Good effort
 Trying my best


OK and Ready to Learn 



Happy and Ready to Learn 

Sounds like: 
 Quiet listening
 Kind words
 Indoor voices
 Other people working

Feels like: 
 Good thoughts
 Ready to learn
 Happy heart
 Full Bucket
 I'm doing my best

Calm and Ready to Learn 

Worried



Silly



YELLOW ZONE




Excited



Frustrated


Out of Control


Angry


RED ZONE



Scared


Hurting Others
