

Some feelings in the
BLUE ZONE



Bored



Hurt



Sick



Tired



Exhausted



Sad

Low levels of energy
and down feelings

Some feelings in the
GREEN ZONE



Calm



Happy



Okay



Focused



Proud



Relaxed

Calm energy and a
sense of control

Some feelings in the
YELLOW ZONE



Frustrated



Worried



Energetic



Silly



Excited



Annoyed

Higher energy and
stronger feelings

Some feelings in the
RED ZONE



Overjoyed



Wild



Angry



**Out of
Control**



Terrified



Furious

Extremely high energy
and strongest feelings

Possible Body Signals

Low Energy
 Moving Slowly
 Slow Heartbeat
 Foggy Thinking
 Heavy Muscles

Possible Body Signals

Medium Energy
 Comfortable Body
 Steady Breath and Heartbeat
 Focused Thinking
 Relaxed Muscles

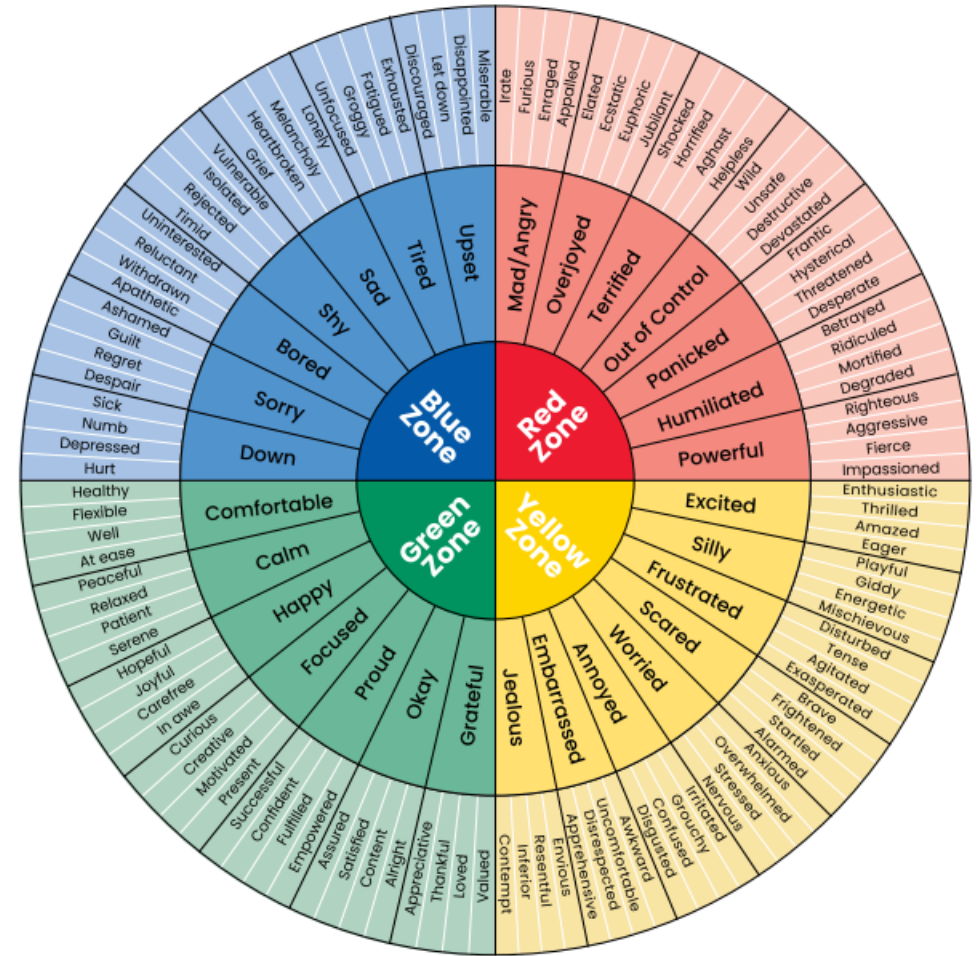
Possible Body Signals

Higher Energy
 Wiggly Movement
 Faster Heartbeat
 Faster Thinking
 Tense Muscles

Possible Body Signals





Highest Energy
 Hot/Sweating
 Pounding Heart
 Racing Thoughts
 Powerful Muscles

Four Zones Emotions Wheel



Tap the Toolbox Cards



 <p>Yellow Zone Tools</p>	 <p>Blue Zone Tools</p>
 <p>Red Zone Tools</p>	 <p>Green Zone Tools</p>

 <p>Stretch</p>	 <p>Connect With Someone</p>	 <p>Drink Water</p>
 <p>Healthy Snack</p>	 <p>Swing</p>	 <p>Headphones</p>
 <p>Walk</p>	 <p>Deep Breaths</p>	 <p>Ask For Help</p>
 <p>Take a Break</p>	 <p>Self-Talk</p>	 <p>Fidget</p>