

Blue Zone

I am running slow.



Sad



Tired



Bored



Sick

I can try these tools



Take a break



Talk to an adult



Ask for a hug



Listen to music

Red Zone

I need to STOP.



Mad



Yelling



Mean

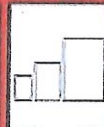


Hands on

I can try these tools



Deep breaths



Size of problem



Run



Take a break

Green Zone

I am good to go.



Happy



Calm



Ready



Okay

I can do these



Learn



Listen



Work hard



Expected behaviors

Yellow Zone

I need to take caution.



Worried



Nervous



Annoyed



Upset

I can try these tools:



Take a break



Get a drink



Walk



Inner coach