

# Me in My **ZONES**

Name: \_\_\_\_\_



This is a picture of me in the **BLUE ZONE**:

My face and body clues are:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

I feel in the **BLUE ZONE** when:

\_\_\_\_\_

I am more likely to make others feel:

\_\_\_\_\_

Name: \_\_\_\_\_



This is a picture of me in the **GREEN ZONE**:

My face and body clues are:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

I feel in the **GREEN ZONE** when:

\_\_\_\_\_

I am more likely to make others feel:

\_\_\_\_\_

Name: \_\_\_\_\_



This is a picture of me in the **YELLOW ZONE**:

My face and body clues are:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

I feel in the **YELLOW ZONE** when:

\_\_\_\_\_

I am more likely to make others feel:

\_\_\_\_\_

Name: \_\_\_\_\_



This is a picture of me in the **RED ZONE**:

My face and body clues are:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

I feel in the **RED ZONE** when:

\_\_\_\_\_

I am more likely to make others feel:

\_\_\_\_\_

**Directions:**

Staple all the pages together **except for this one**. Cut out and glue the headings below to the page opposite the picture of him or her in the corresponding colored zone. For example: When the book opens to *This is a picture of me in the Blue Zone* page, the heading on the left side page opposite it will be: *When I'm in the Blue Zone, I can try these Blue Zone tools* (tools are covered in lessons 10-12).

**When I'm in the Blue Zone,  
I can try these Blue Zone tools:**

**When I'm in the Green Zone,  
I can try these Green Zone tools:**

**When I'm in the Yellow Zone,  
I can try these Yellow Zone tools:**

**When I'm in the Red Zone,  
I can try these Red Zone tools:**