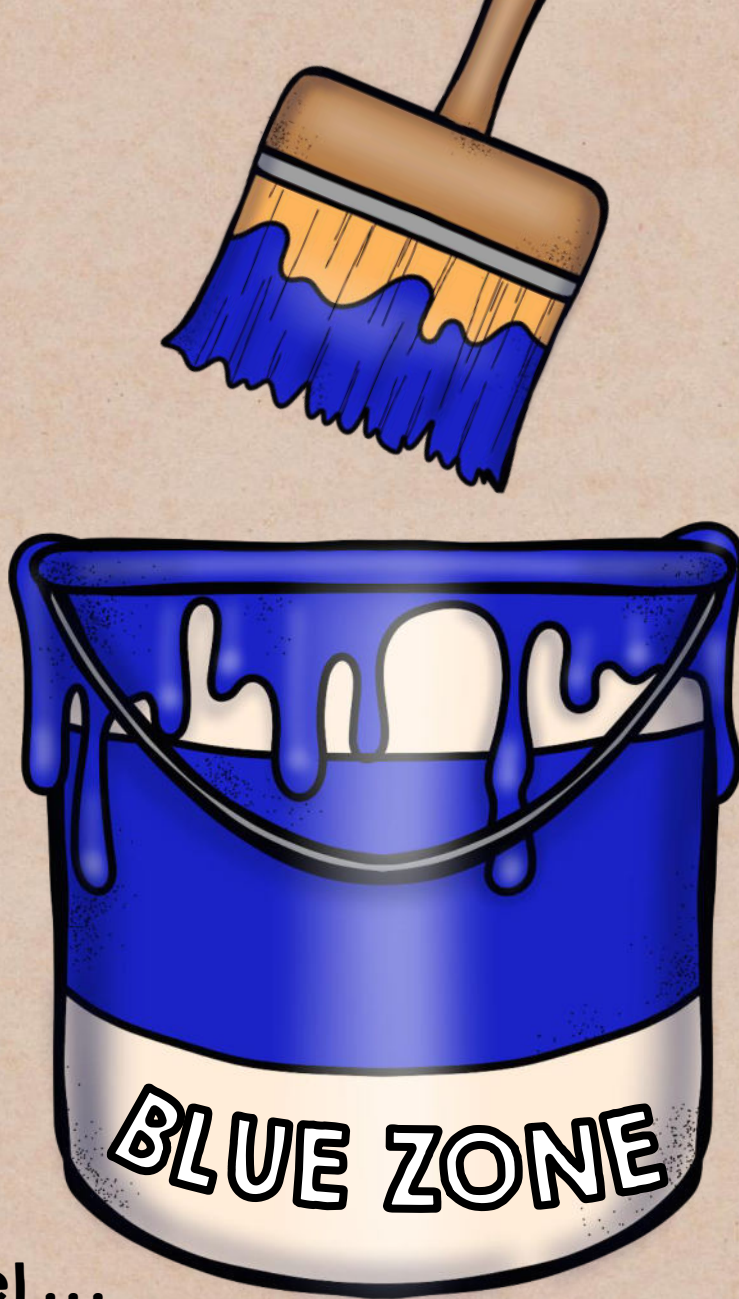


- Lesson Plan on Zones of Emotions for Grades 2-3

# Zones of Emotions





**When I feel ...**

**tired**

**sad**

**bored**





**When I feel ...**

**happy**

**calm**

**ready to  
learn**





**When I feel ...**

**frustrated**

**worried**

**fidgety**





**When I feel ...**

**mad**

**terrified**

**out of  
control**



**I can get to the ...**

# **GREEN ZONE**

**by ...**

**Counting to  
10**

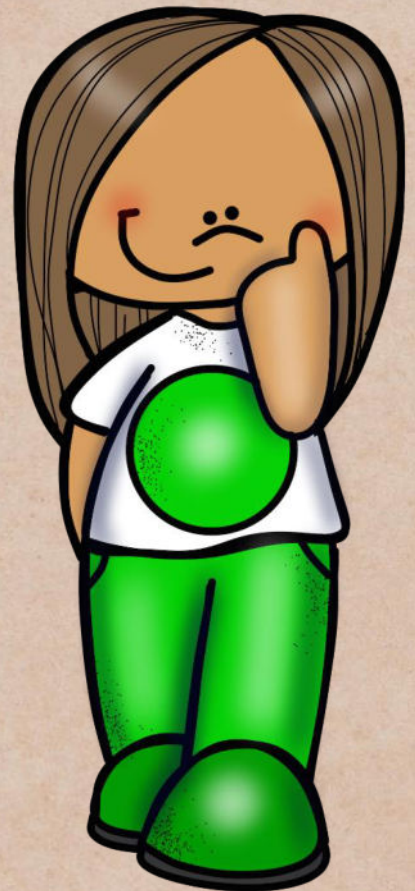
**Deep  
breaths**

**Drinking  
some water**

**Taking a  
break**

**Stretching**

**Taking a  
walk**



# Situations Full Of Color

**Get into small teams. Each team will get 2 worksheets and a “Situations” sheet. Read that sheet, and sort the situations into zones on your worksheets. Then, write down another example of a situation that brings you into each zone (for each of the zones).**





# Situations

- Class presentation
- Getting an A
- Getting into a fight
- Not getting enough sleep



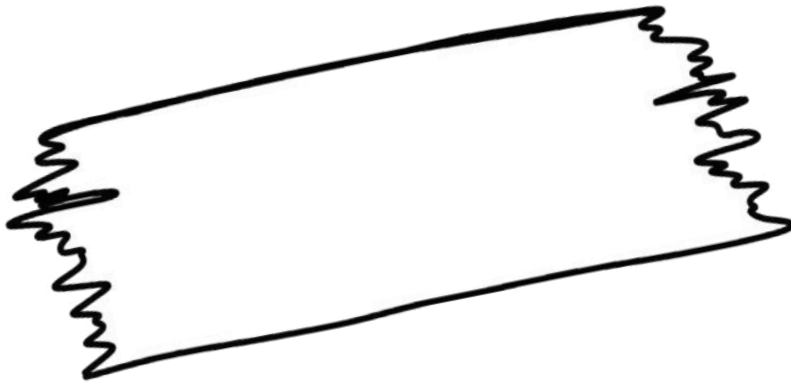


# Situations

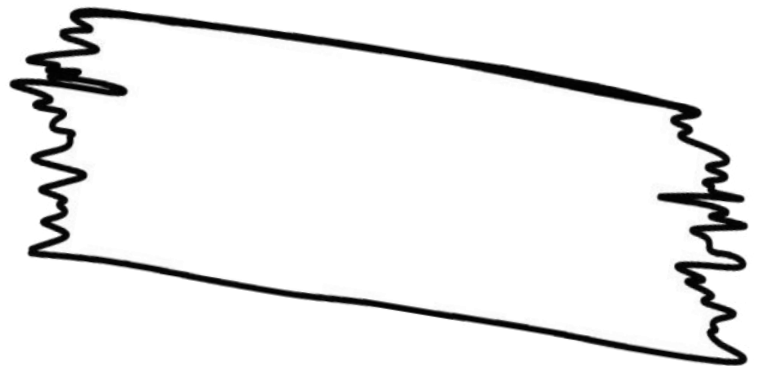
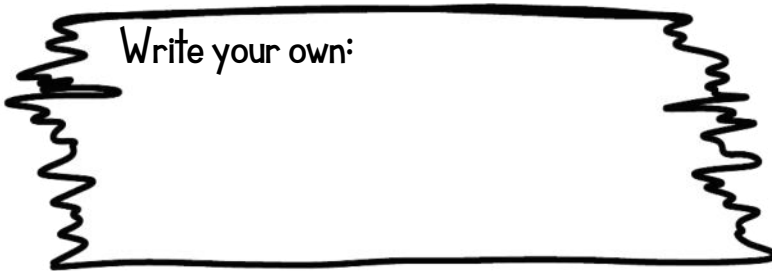
- **Class presentation**
- **Getting an A**
- **Getting into a fight**
- **Not getting enough sleep**



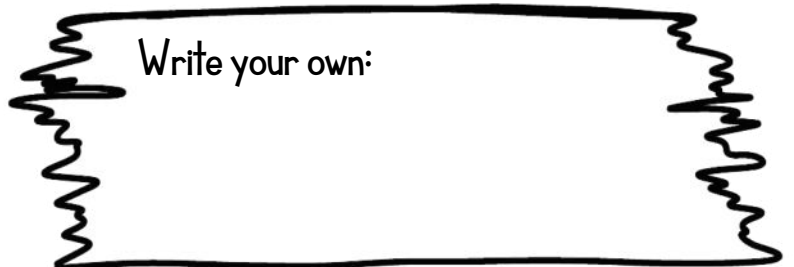
# Team Worksheet I



Write your own:

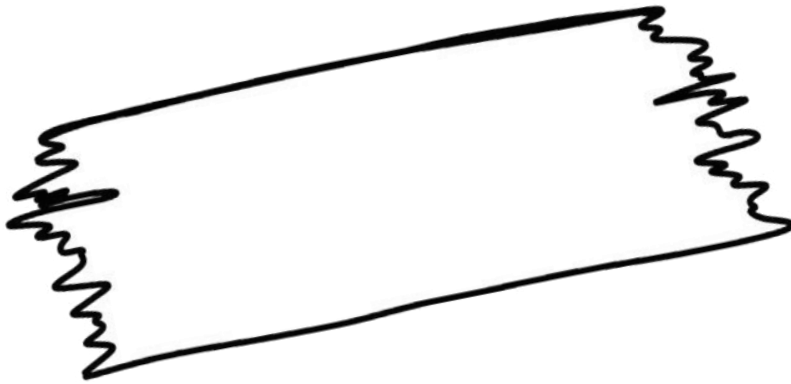


Write your own:

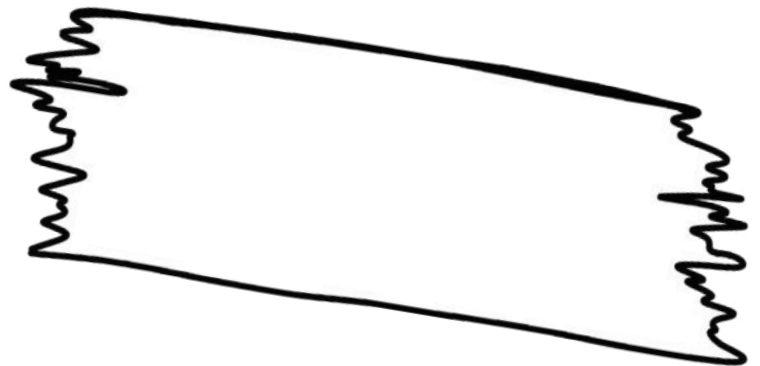
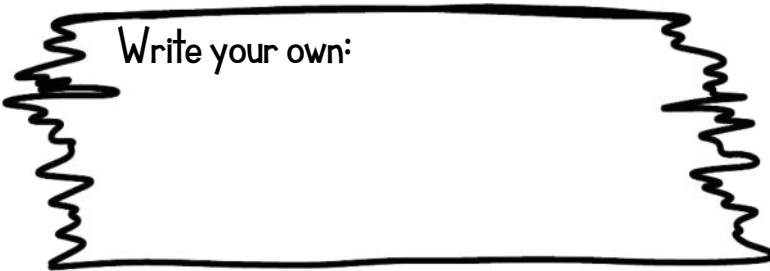




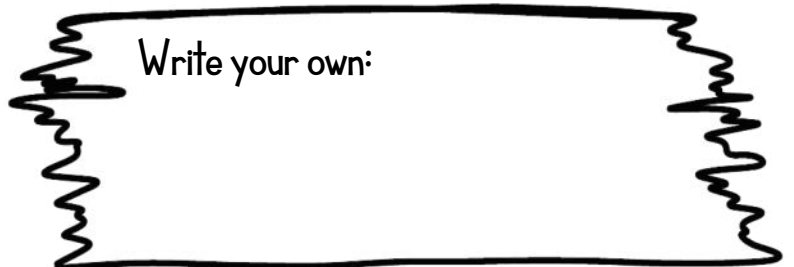
# Team Worksheet 2



Write your own:



Write your own:



# COLOR BY ZONE

Color in the feelings into blue, green, yellow, or red, depending on the Zone of Emotion they belong to.

mean

relaxed

silly

proud

motivated

overwhelmed

sick

focused

scared

Describe a way to get back into the GREEN ZONE:

-----



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