

What Zone Am I In?

Blue Zone



- Sick
- Tired
- Sad
- Moving slowly

***I NEED A STRATEGY**

Green Zone



- Happy
- Calm
- Focused
- Ok
- Ready to learn

Yellow Zone



- Worried
- Annoyed
- Silly
- Wiggly
- Frustrated

*** I NEED A STRATEGY**

Red Zone



- Angry
- Out of control
- Yelling
- Terrified
- *Un-*expected

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