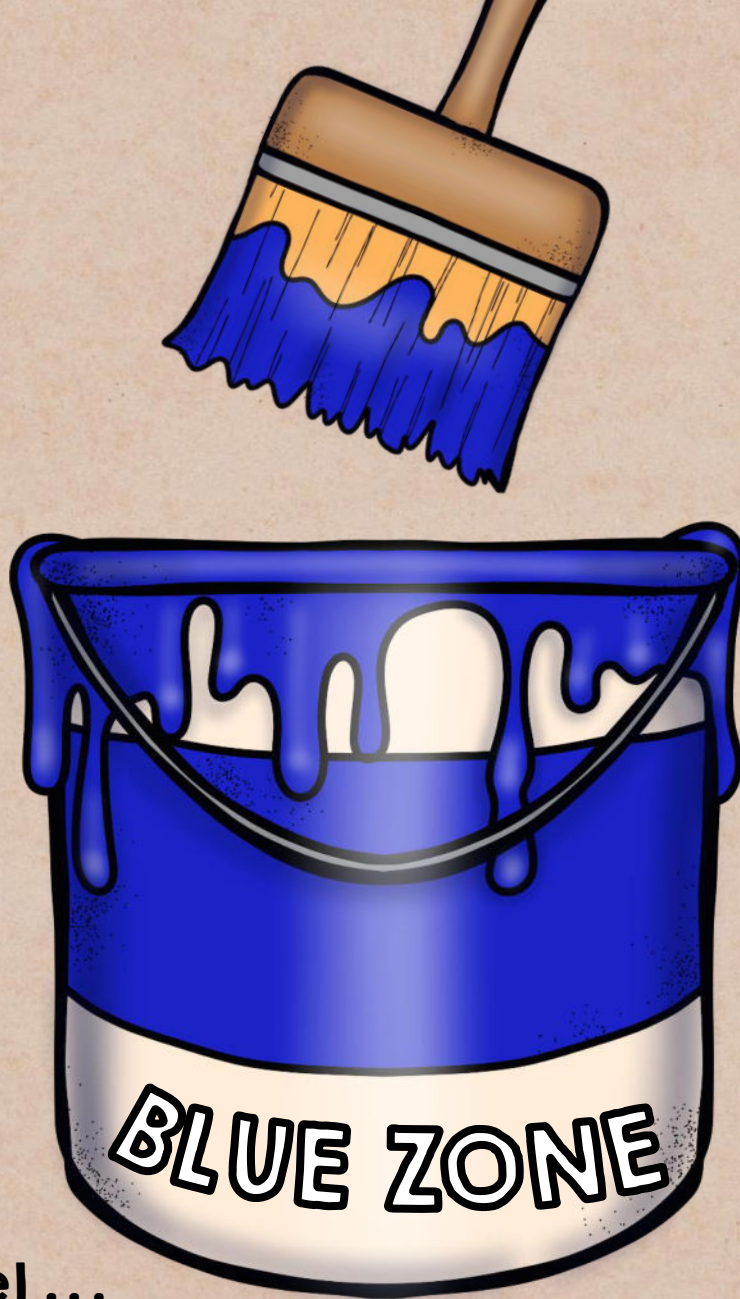


- Lesson Plan on Zones of Emotions for Grades 4-6

# 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**

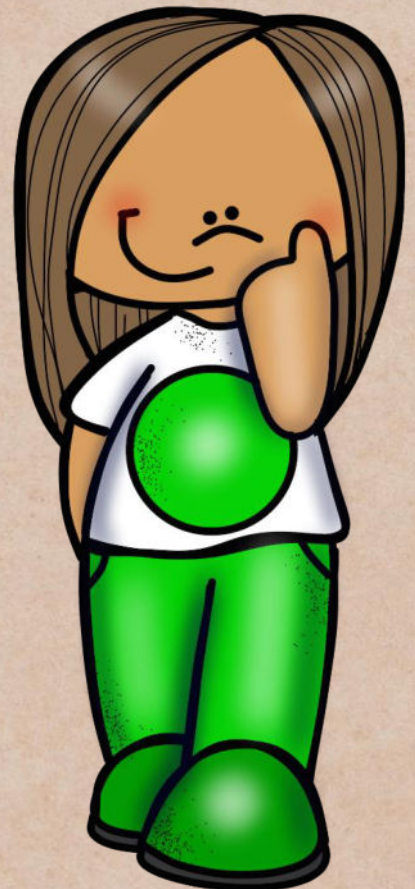
**Deep  
breaths**

**Drinking  
some water**

**Taking a  
break**

**Stretching**

**Taking a  
walk**

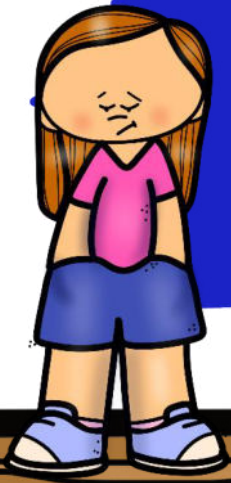


# In the Zone

**Get into 4 teams. Each team will get a worksheet with a particular Zone of Emotions. Work together to come up with 3 examples of situations that bring you into that zone, and then, for each of them, write down a way to get back to the Green Zone (or stay there, if your team has the Green Zone worksheet).**







# BLUE ZONE

## Team Worksheet

This brings me into  
the BLUE ZONE:

I'll paint it GREEN by ...







# GREEN ZONE

## Team Worksheet

This brings me into  
the GREEN ZONE:

I'll keep it GREEN  
by ...





# YELLOW ZONE

## Team Worksheet

This brings me into  
the YELLOW ZONE:

I'll paint it GREEN by ...







# RED ZONE

## Team Worksheet

This brings me into  
the RED ZONE:

I'll paint it GREEN by ...



# What's the Color?

Read the situations, circle the Zone of Emotions you would be in if this happened, and then write down what would you do to go to or stay in the Green Zone.



Oh no! Someone took my seat in the bus!

**I'm in:**



**I Will do this:**

-----

I can't wait for this lesson to end, it's so boring.

**I'm in:**



**I Will do this:**

-----

I won the contest!

**I'm in:**



**I Will do this:**

-----

I can't understand this assignment.

**I'm in:**



**I Will do this:**

-----



# What's the Color?

Read the situations, circle the Zone of Emotions you would be in if this happened, and then write down what would you do to go to or stay in the Green Zone.

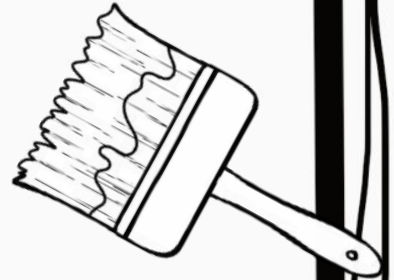
Oh no! Someone took my seat in the bus!

**I'm in:**

**B G Y R**

**I Will do this:**

-----



I can't wait for this lesson to end, it's so boring.

**I'm in:**

**B G Y R**

**I Will do this:**

-----

I won the contest!

**I'm in:**

**B G Y R**

**I Will do this:**

-----

I can't understand this assignment.

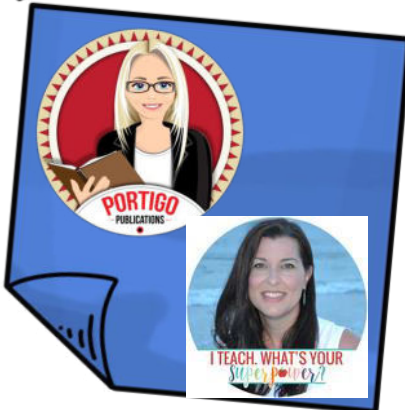
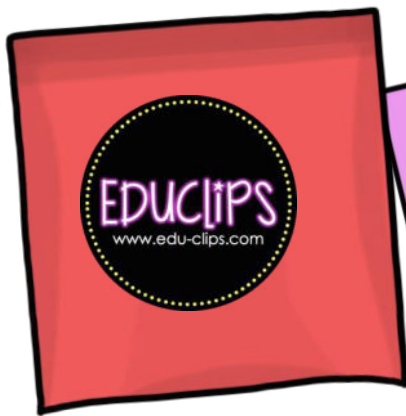
**I'm in:**

**B G Y R**

**I Will do this:**

-----

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