Emotion Zones: What Zone Are You In?

Blue Zone:
- Moving slowly
- Tired
- Sick
- Sad
- Bored

If sick, see Nurse

Yellow Zone
- Frustrated
- Excited
- Worried
- Lose Control
- Silly

Red Zone
- Yelling
- Terrified
- Out of Control
- Hitting
- Mad

Green Zone
- Ready to learn
- Feeling ok
- Calm
- Happy
- Focused

Our goal is to stay in Green Zone.

What to do if you feel Blue, Yellow and Red.

You will need to
- Drink water
- Stretch
- Follow Rules
- Listen teachers / staffs
- Respect others
- Be nice to others
- Accept help