

How do you feel about....



**BLUE
ZONE**

Sad
Sick
Tired
Bored



**GREEN
ZONE**

Happy
Calm
Focused
Relaxed



**YELLOW
ZONE**

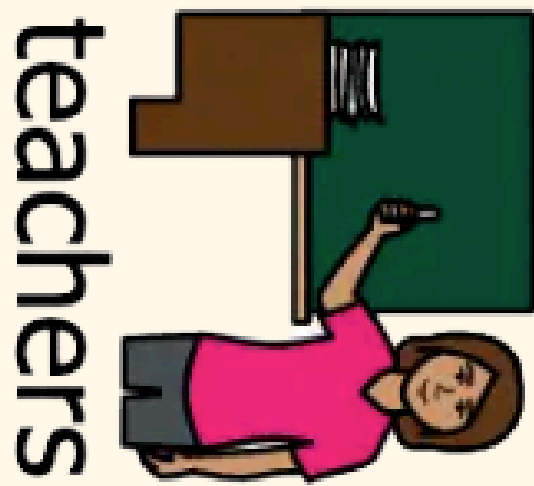
Frustrated
Worried
Silly
Excited



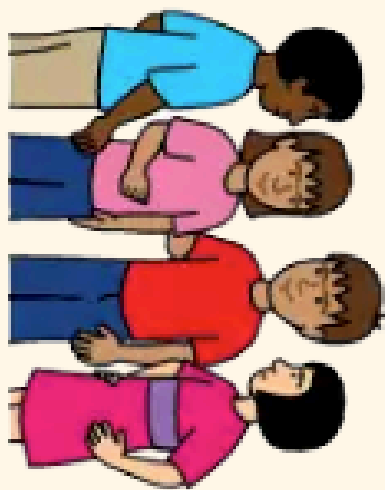
**RED
ZONE**

Angry
Terrified
Elated
Out of Control

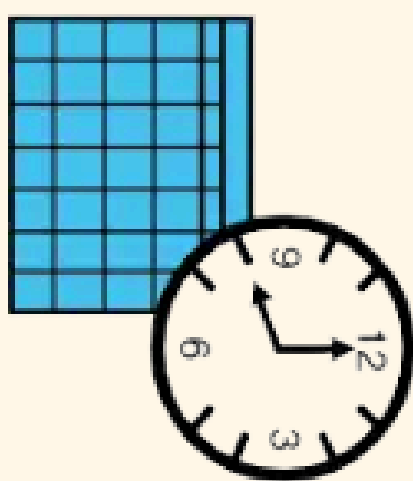
Examples of options:



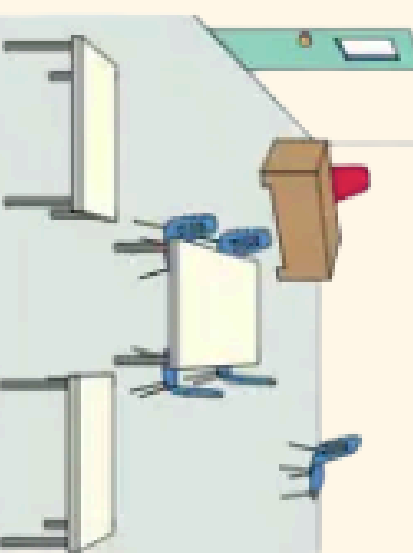
teachers



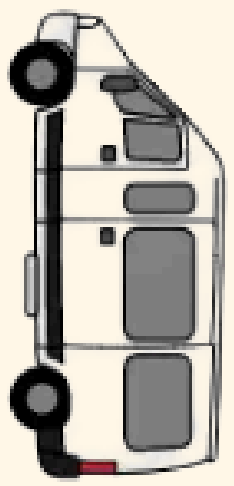
friends



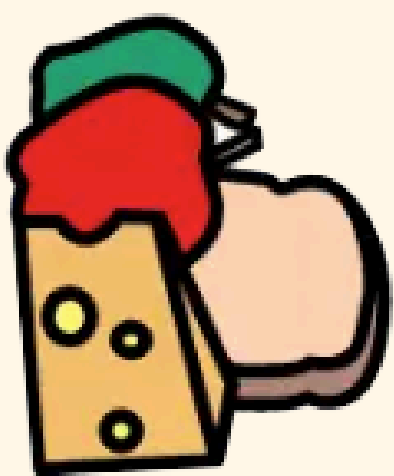
timetable



classroom



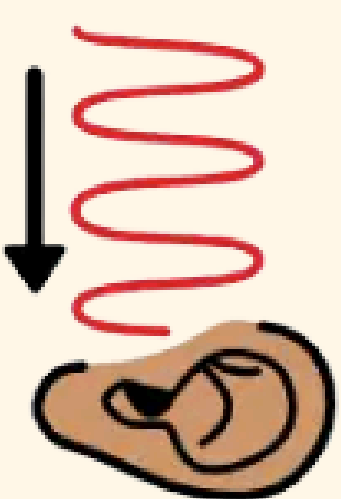
taxi



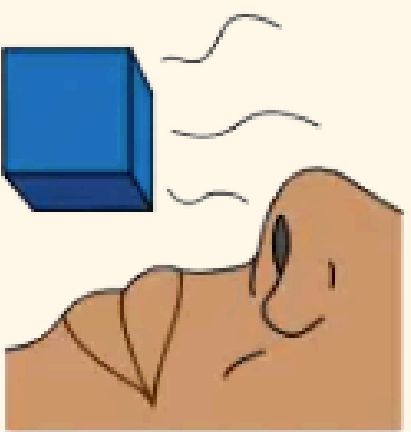
food



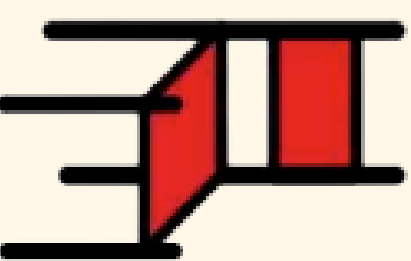
lessons



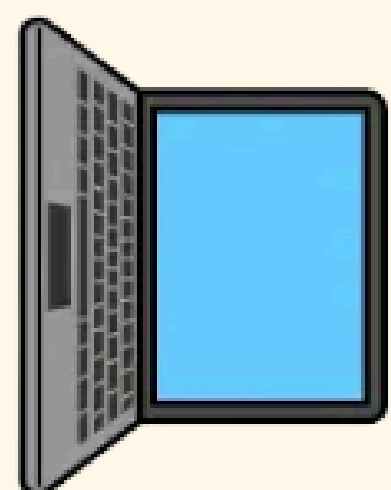
sounds



smells



chair



chromebook