

# How do you feel about...?



**BLUE  
ZONE**

Sad  
Sick  
Tired  
Bored



**GREEN  
ZONE**

Happy  
Calm  
Focused  
Relaxed



**YELLOW  
ZONE**

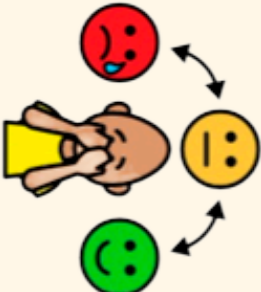
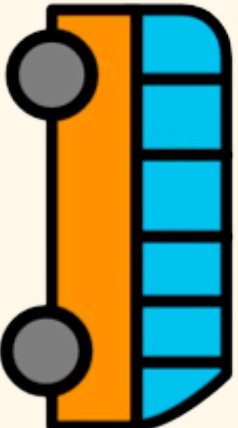


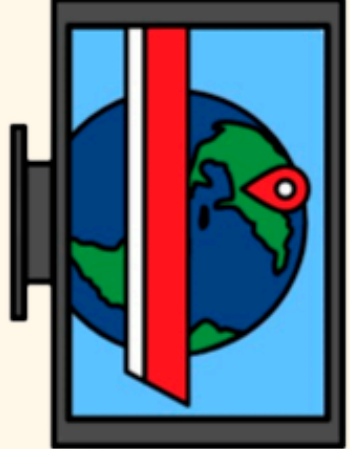
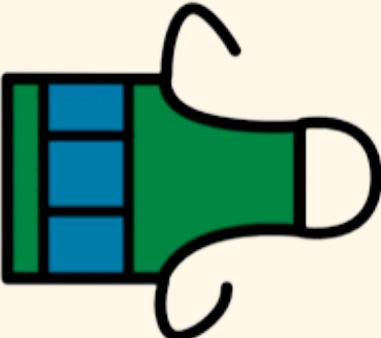


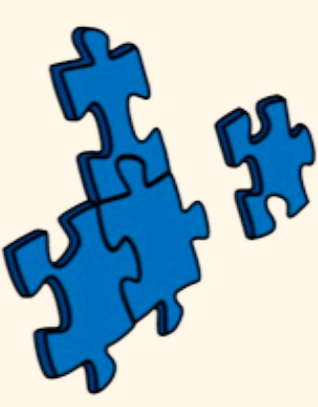
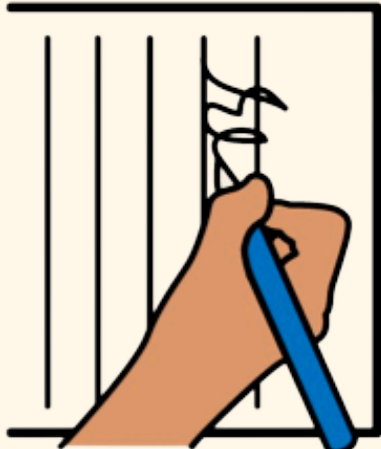




Frustrated  
Worried  
Silly  
Excited



**RED  
ZONE**

Angry  
Terrified  
Elated  
Out of Control

# Examples of options:

|  |   |  |  |
|--|---|--|--|
|  <p>PE</p>                |  <p>Zones of Regulation</p> |  <p>Friends</p>         |  <p>Taxi</p>        |
|  <p>Reading</p>         |  <p>Music</p>             |  <p>Newsround</p>     |  <p>Cafe</p>      |
|  <p>Arts and Crafts</p> |  <p>Lunch</p>              |  <p>Jigsaw</p>        |  <p>Writing</p>   |
|  <p>Baking</p>          |  <p>Math</p>              |  <p>Choosing Time</p> |  <p>Recycling</p> |