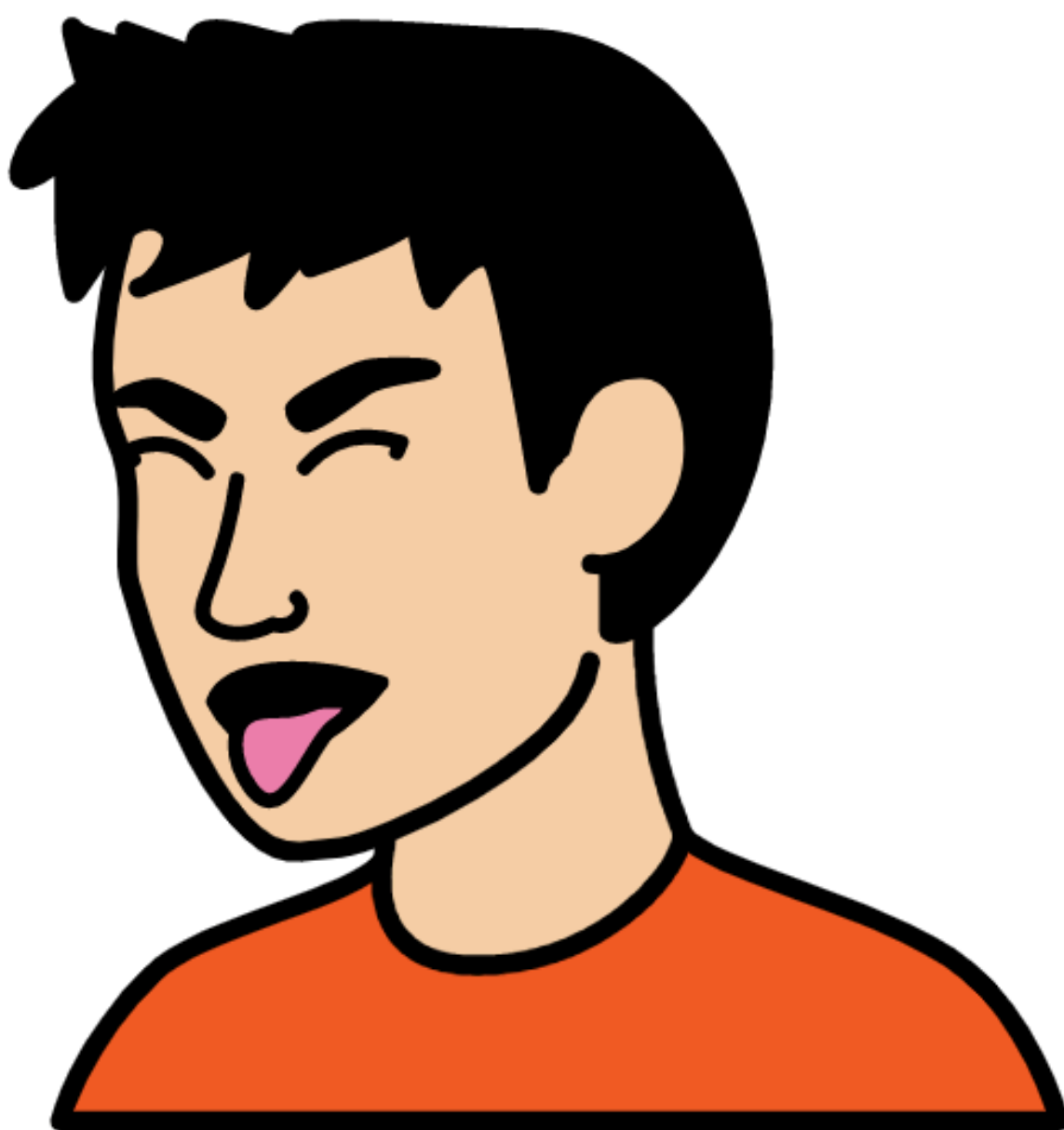
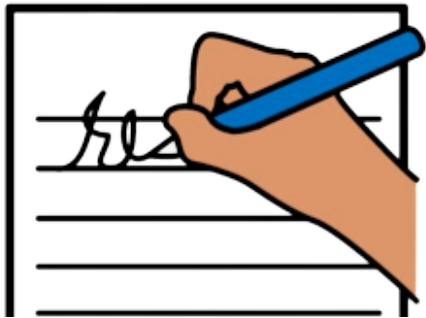
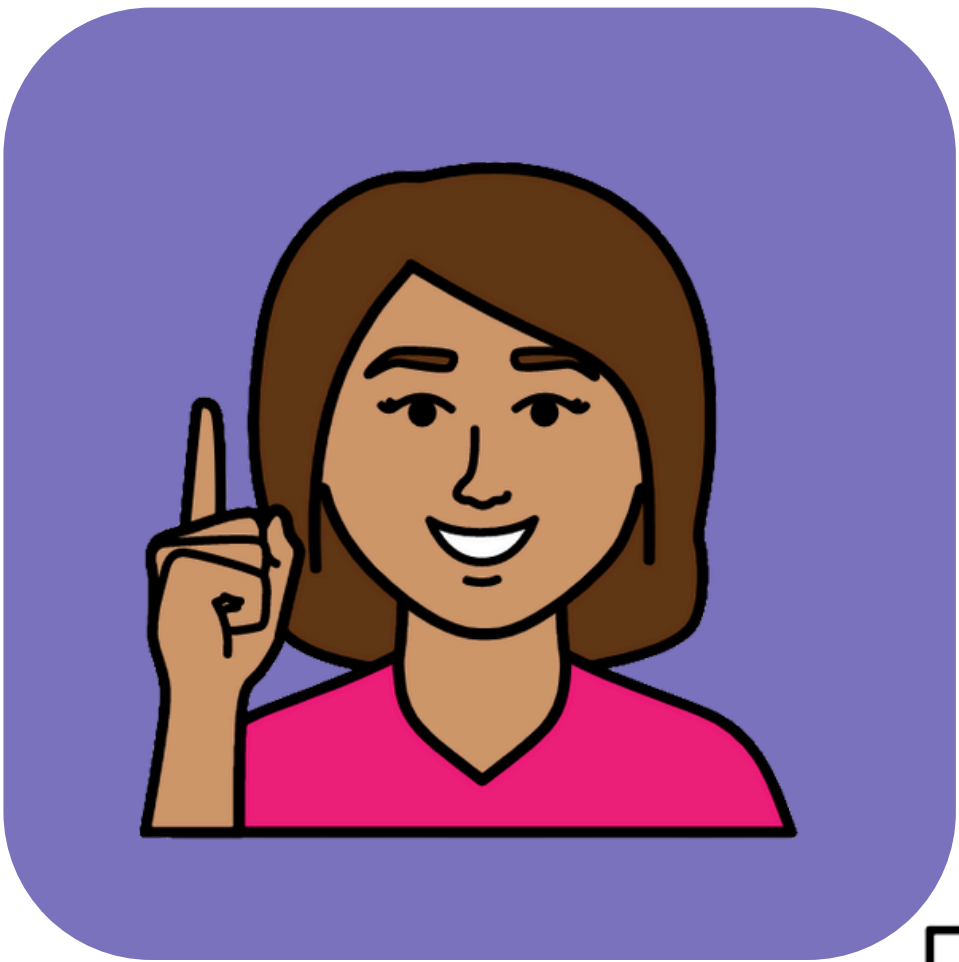


**Katy and Louis' teachers want to know what they like to do at school.**



**Their teachers also want to know what Katy and Louis do not like to do at school.**





**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

Katy’s teacher asks her to order the things she does at school into a zone.



Katy puts “writing” in the **GREEN** zone, because she has to work really hard at writing. Katy likes to write stories in choosing time, but sometimes finds it difficult to think of words, or to spell words, so she has to focus.







**BLUE  
ZONE**

Sad  
Sick  
Tired  
Bored



**GREEN  
ZONE**

Happy  
Calm  
Focused  
Relaxed



**YELLOW  
ZONE**

Frustrated  
Worried  
Silly  
Excited

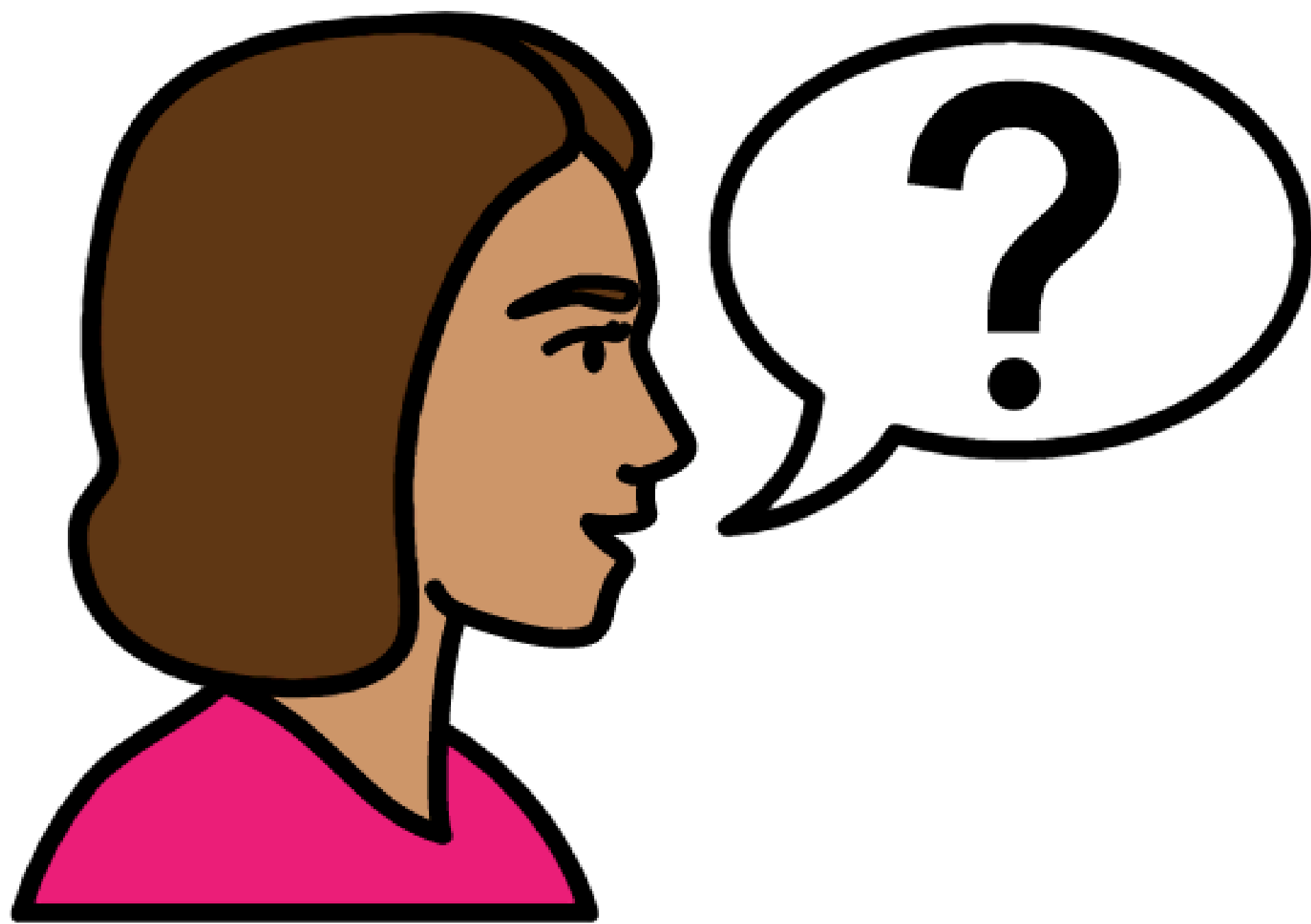


**RED  
ZONE**

Angry  
Terrified  
Elated  
Out of Control



**Louis puts “writing” in the BLUE zone, because he finds writing really tiring. It is hard work. When he is working on his writing, he finds it hard not to fall asleep.**



## **Now it is your turn!**

- **Like Louis and Katy did, I will ask you to put the things that you do at school in to a zone, so I can see how you feel about them. We will do this for 10 minutes.**
- **After you have put an activity into a zone, I will ask you “why” you put it where you did.**
- **We will talk about as many activities as we have time to talk about.**
- **I will write down what you say when I ask you “why”, and I will take pictures of the zones when you have put an activity on it.**
- **I will finish, after 10 minutes, by asking if you have any questions to ask me.**

**Is that okay?**