

# How do you feel about....



**BLUE  
ZONE**  
Sad  
Sick  
Tired  
Bored



**GREEN  
ZONE**  
Happy  
Calm  
Focused  
Relaxed

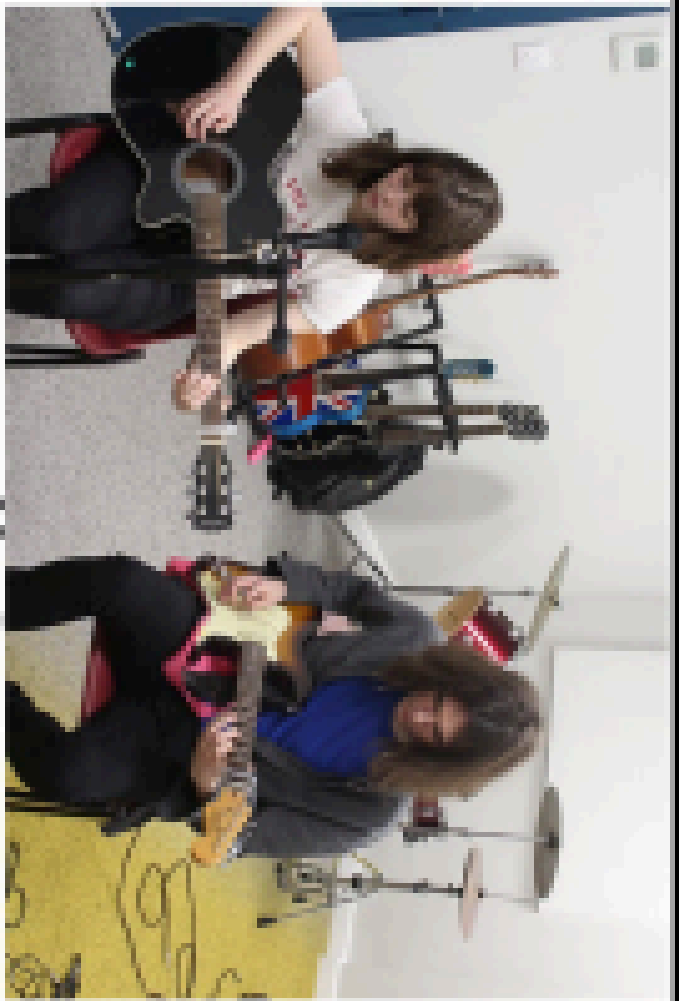


**YELLOW  
ZONE**  
Frustrated  
Worried  
Silly  
Excited

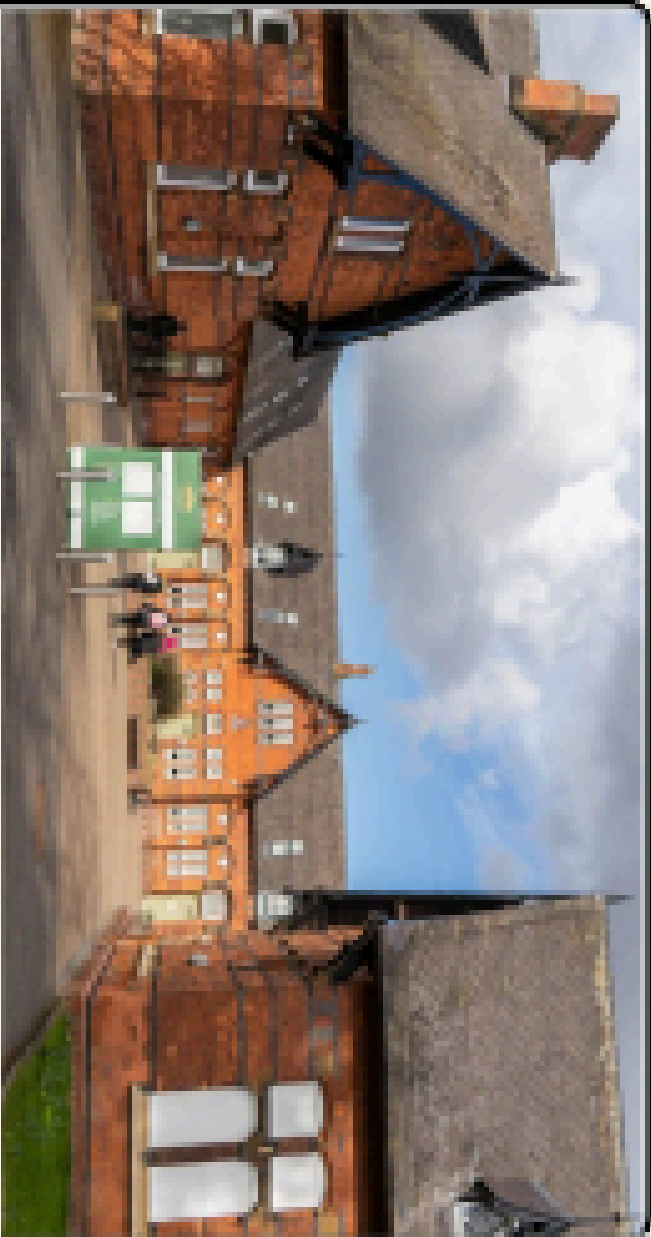


**RED  
ZONE**  
Angry  
Terrified  
Elated  
Out of Control

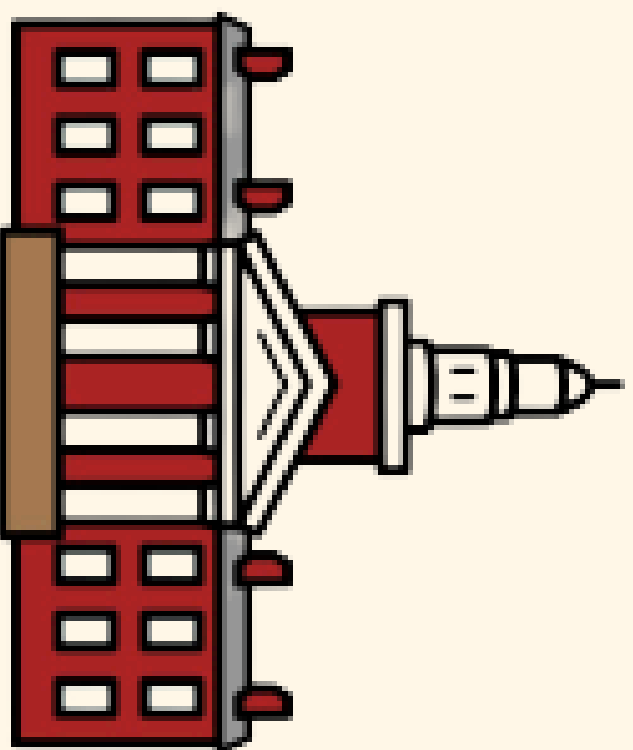
# Examples of options:



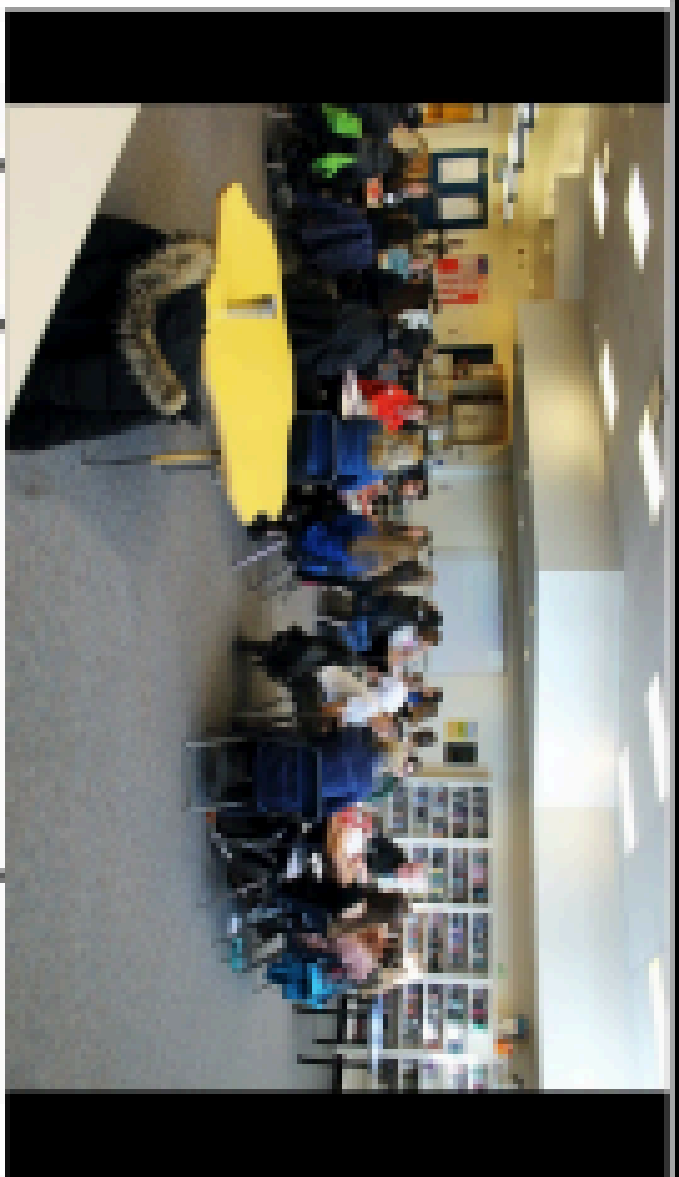
Tang Hall SMART



Askham Bryan



University



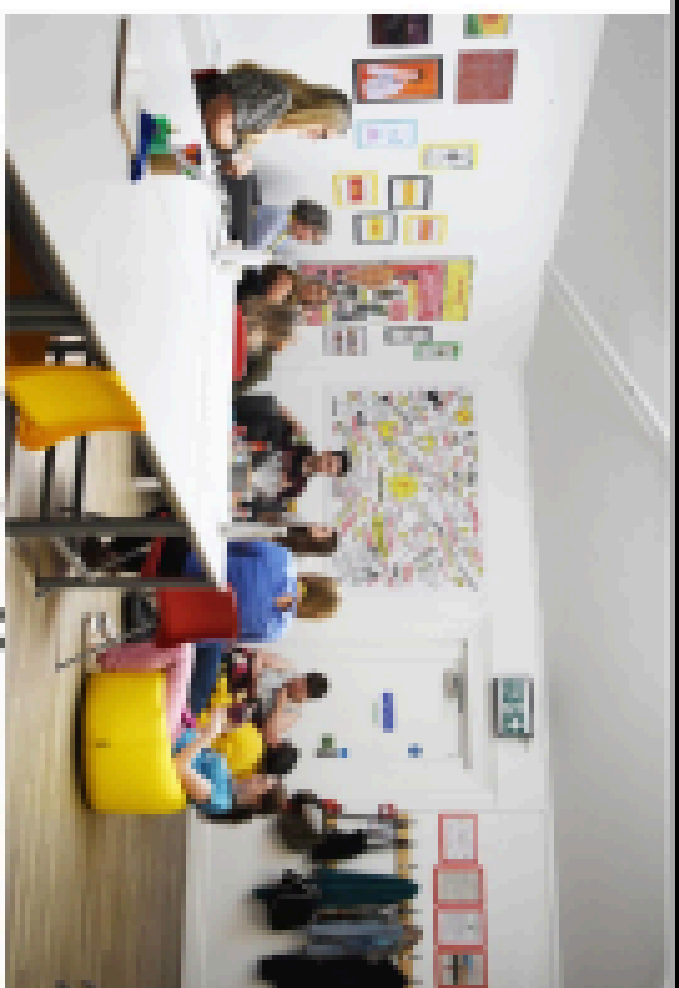
Blueberry Academy



York College



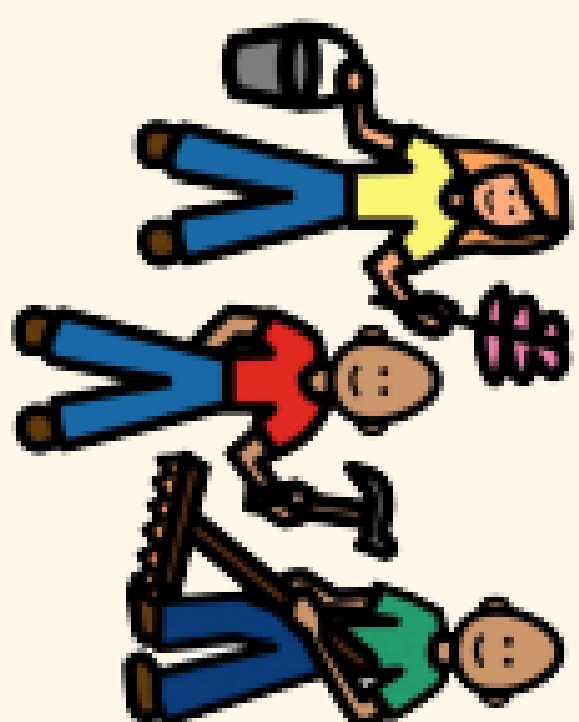
Office job



PINC College



Toolbox



Physical job