

Green Zone

I am good to go.



Happy



Calm



Ready



Okay

I can do these:



Learn



Listen



Work Hard



Expected Behaviors

Yellow Zone

I need to take caution.



Worried



Nervous



Annoyed



Upset

I can try these tools:



Take a Break



Get a Drink



Walk



Inner Coach

Blue Zone

I am running slow.



Sad



Tired



Bored



Sick

I can try these tools:



Take a Break



Talk to an Adult



Ask for a Hug



Listen to Music

Red Zone

I need to STOP.



Mad



Yelling



Mean

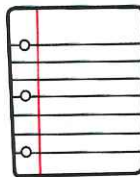


Hands On

I can try these tools:



Deep Breaths



Size of Problem



Take a Break



Walk Laps