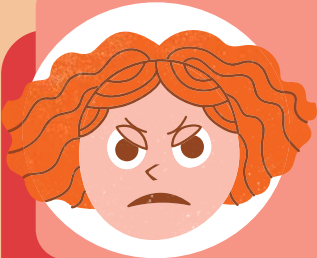


What zone are you feeling today?



Red Zone

Angry
Scared
Annoyed
I want to yell
I'm not in control



Blue Zone

Sad
Tired
Sick
Bored
Feeling slow



Yellow Zone

Nervous
Anxious
Excited
Frustrated
Confused



Green Zone

Happy
Calm
I'm focused
Feeling okay
In control

NAME:

DATE:

Feelings Rainbow



"I feel _____ when _____"
