

BLUE ZONE



sad

moving slowly

bored

sick

tired

GREEN ZONE



happy

ready to learn

calm

feeling good

focused

YELLOW ZONE



frustrated

wiggly

excited

worried

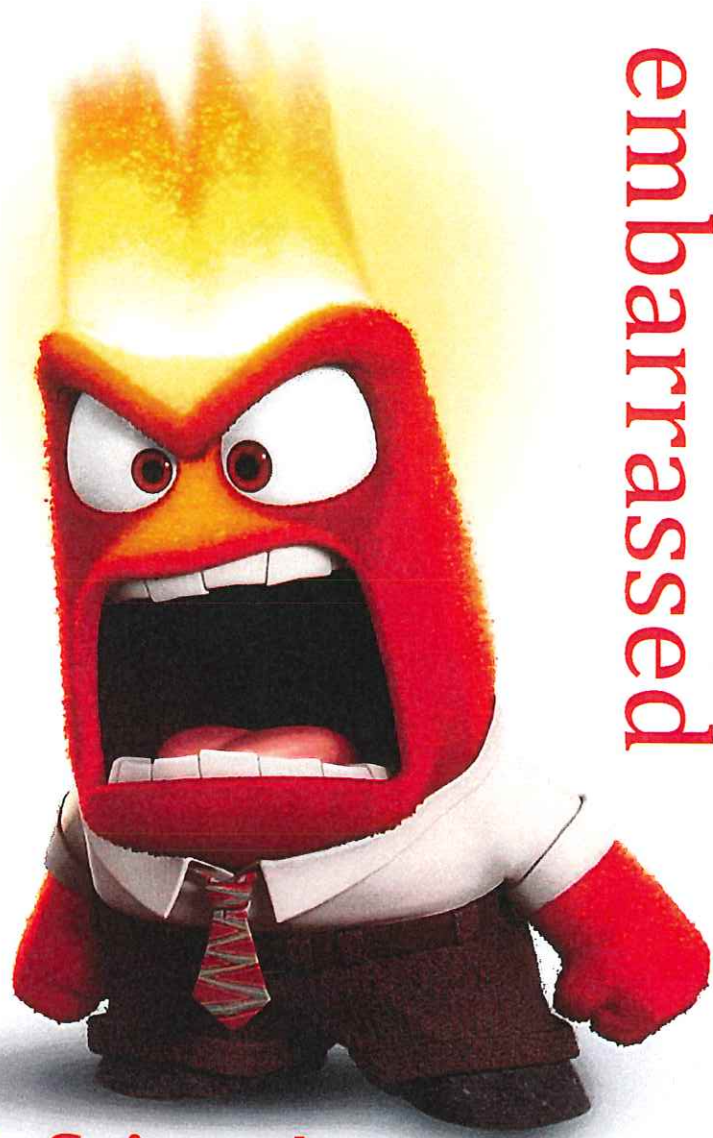
silly

RED ZONE

irritated

jealous

frustrated



embarrassed

terrified

mad

angry

out of control