

Blue Zone



Sad



Hurt



Sick



Tired

What can I do?

REST



- **Take a break**



- **Ask for help**



- **Talk to someone**



- **Jump up and
down 5x**

I can also...?

Green Zone



Happy



Focused



Calm



Excited

What can I do?

GO



- **Problem solve**



- **Finish tasks**



- **Help others**



- **Share ideas**

I can also...?

Yellow Zone



Surprised



Confused



Worried



Silly

What can I do?

SLOW DOWN



- **Take deep breaths**



- **Talk to someone**



- **Go for a short walk**



- **Change tasks**

I can also...?

Red Zone



Angry



Raging



Terrified



Annoyed

What can I do?

STOP



- **Take a break**



- **Run a lap**



- **Squeeze a stress ball**



- **Drink cold water**

I can also...?