

Which Zone Are You In?

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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...?