

# What ZONE am I in?

<p><b>BLUE ZONE</b></p> 	<p><b>GREEN ZONE</b></p> 	<p><b>YELLOW ZONE</b></p> 	<p><b>RED ZONE</b></p> 
<p>Sad Sick Tired Bored Moving Slowly</p> <p>(Need strategy)</p>	<p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>Frustrated Annoyed Worried Silly/Wiggly Over-excited</p> <p>(Need strategy)</p>	<p>Mad/Angry Mean Hitting Yelling Out of Control</p> <p>(Need strategy)</p>





\*In school, we need to stay in the green zone!

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