

Red Zone

I am ...



Angry



Yelling



Scared



Mean



Green Zone

I am . . .



Happy



Calm



Proud



Focused



Blue Zone

I am . . .



Tired



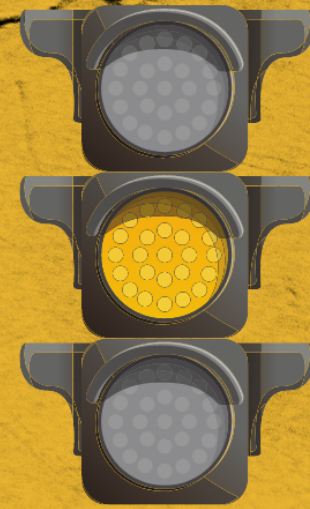
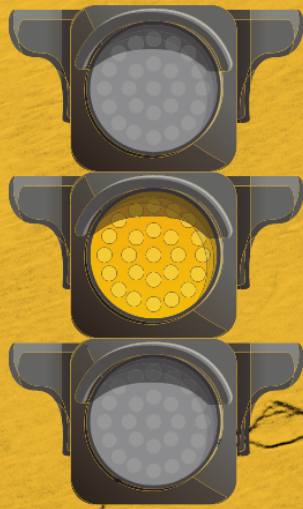
Sad



Sick



Bored



Yellow Zone

I am...



Excited



Nervous



Silly



Frustrated