

Blue Zone



Tired



Bored



Sad



Sick

When you're in the blue zone, your body is running slow, such as when you are tired, sick, sad or bored.

Green Zone



Calm



Happy



Proud



Focused

The Green Zone is when you are 'good to go'. If you are in the Green Zone, you may feel happy, calm, focused and ready to learn.

Yellow Zone



Silly



Frustrated



Excited



Worried

The yellow zone describes when you start to lose control, such as when you are frustrated, overwhelmed, silly, excited, worried, anxious or surprised.

Red Zone



Panicked



overjoyed/Elated



Terrified



Angry

The red zone is reserved for extreme emotions like terror, uncontrolled anger and aggression. When you are in the Red Zone, you are out of control, have trouble making good decisions, and must STOP to regulate.