

Rainbow Centre Yishun Park School
SEL: Yellow and Blue Zones (**Tier 2**)

Name: _____ Date: _____

Circle the correct Zone to the Emotion

Emotion:



Sad

Blue Zone



Sad



Sick



Bored



Tired

- Low energy
- Not ready to learn

Red Zone



Angry



Terrified

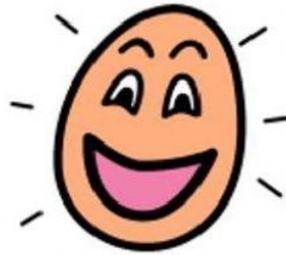


Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Excited

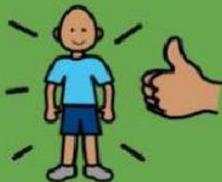
Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Yellow Zone



Excited



Silly



Worry



Frustrated

- Losing some control
- Still ok
- May or may not be ready to learn

Circle the correct Zone to the Emotion

Emotion:



Tired

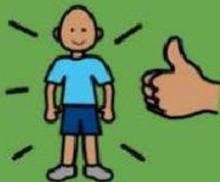
Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Blue Zone



Sad



Sick



Bored



Tired

- Low energy
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Worry

Yellow Zone



Excited



Silly



Worry



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Blue Zone



Sad



Sick



Bored



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Circle the correct Zone to the Emotion

Emotion:



Tired

Yellow Zone



Excited



Silly



Worry



Frustrated

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Blue Zone



Sad



Sick



Bored

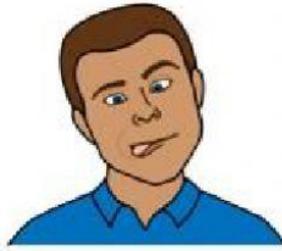


Tired

- Low energy
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Silly

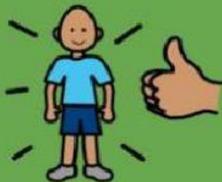
Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

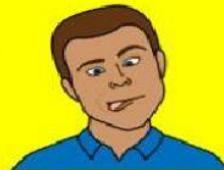
Yellow Zone



Excited



Worry



Silly



Frustrated

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Circle the correct Zone to the Emotion

Emotion:



Blue Zone



Sad



Sick



Bored



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Red Zone



Angry



Terrified



Shouting/Hitting

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Circle the correct Zone to the Emotion

Emotion:

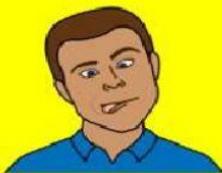


Frustrated

Yellow Zone



Excited



Silly



Worry



Frustrated

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Red Zone



Angry



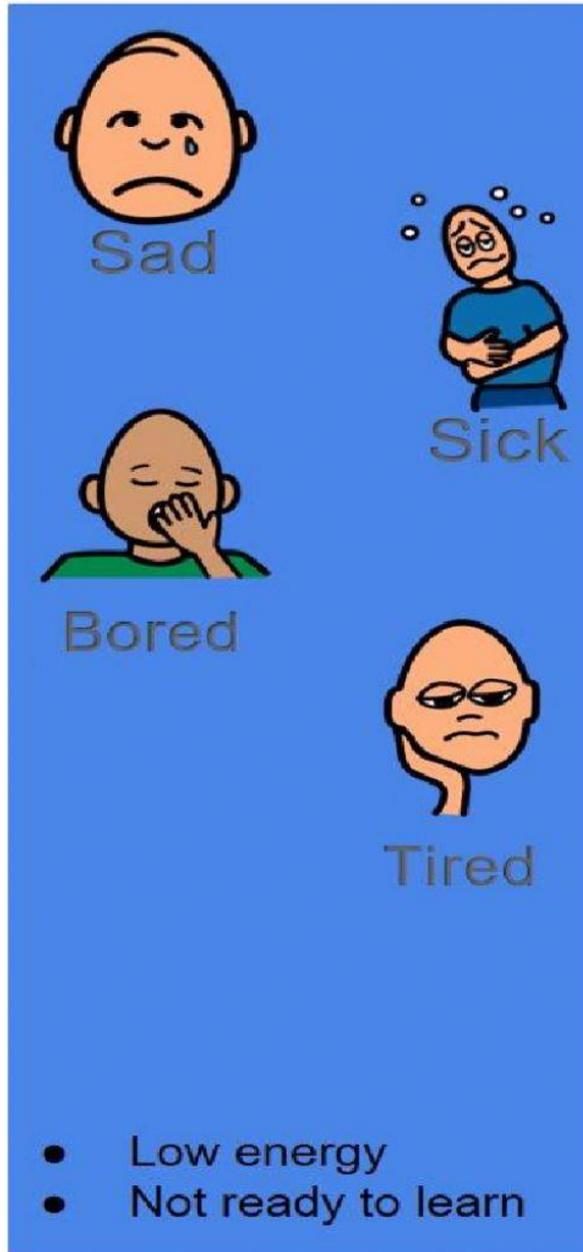
Terrified



Shouting/Hitting

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Which sentence best describes Blue Zone?



A.
High Energy

B.
Low Energy