

Identify all the emotions in the **GREEN Zone** by ticking the correct boxes ✓



Name some emotions in the green zone

Type down what are some strategies you can use to remain in the green zone?

Identify all the emotions in the **BLUE Zone** by ticking the correct boxes ✓



Name some emotions in the **BLUE** zone

When you are in the **Blue Zone**, what can you do to **feel better**?

- Talk to someone that you can trust
- Hit someone
- Drink water
- Scold others
- Ask for alone time