

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

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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 ✓

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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