

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



Name some emotions in the Yellow zone

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

- Talk to someone that you can trust
- Hit someone
- Listen to music
- Throw things
- Deep breathing

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



Name some emotions in the **RED** zone

Name some strategies to feel better when you are in the **RED zone**