

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

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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 ✓

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Name some emotions in the RED zone

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