



Rainbow Centre Yishun Park School  
SEL: Green and Red Zones

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Circle the correct Zone to the Emotion

**Emotion:**



Happy

**Green Zone**



Happy



Calm



Ready.  
Feeling Ok!

**Red Zone**



Angry



Terrified



Shouting/Hitting



Circle the correct Zone to the Emotion

**Emotion:**



**Angry**

**Green Zone**



Happy



Calm



Ready.  
Feeling Ok!

**Red Zone**



Angry



Terrified

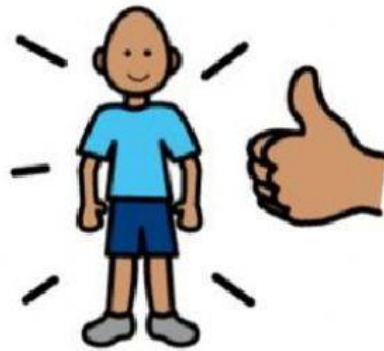


Shouting/Hitting



Circle the correct Zone to the Emotion

**Emotion:**



**Feeling Ok**

**Green Zone**



Happy



Calm



Ready.  
Feeling Ok!

**Red Zone**



Angry



Terrified



Shouting/Hitting



Circle the correct Zone to the Emotion

**Emotion:**



**Terrified**

**Green Zone**



Happy



Calm



Ready.  
Feeling Ok!

**Red Zone**



Angry



Terrified



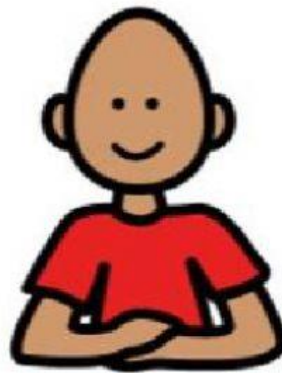
Shouting/Hitting





Circle the correct Zone to the Emotion

**Emotion:**



**Calm**

**Green Zone**



Happy



Calm



Ready.  
Feeling Ok!

**Red Zone**



Angry



Terrified



Shouting/Hitting



Circle the correct Zone to the Emotion

**Emotion:**



## Green Zone



Happy



Calm



Ready.  
Feeling Ok!

## Red Zone



Angry



Terrified



Shouting/Hitting



Circle the behaviour that is **OK** 

**A.**  
**Ask for a Break**



**B.**  
**Tear worksheet**





Circle

the behaviour that is **OK**



## A. Bang Table



## B. Close Eyes







Circle

the behaviour that is **OK**



## A. Take Deep Breathes



## B. Shouting / Whining

