

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!

- Calm
- Ready to learn

Red Zone



Angry



Terrified



Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Angry

Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Red Zone



Angry



Terrified

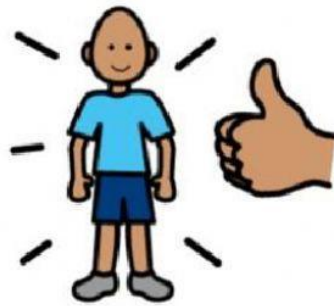


Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Feeling Ok

Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Red Zone



Angry



Terrified



Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Terrified

Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Red Zone



Angry



Terrified

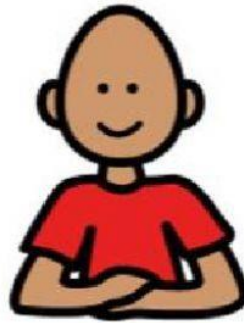


Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Calm

Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Red Zone



Angry



Terrified



Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

Circle the correct Zone to the Emotion

Emotion:



Green Zone



Happy



Calm



Ready.
Feeling Ok!

- Calm
- Ready to learn

Red Zone



Angry



Terrified

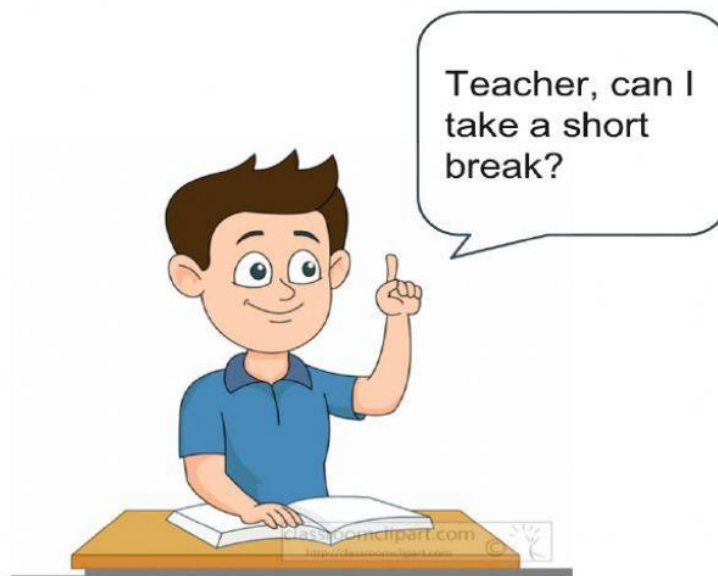


Shouting/Hitting

- Too much
- Not ok
- Not ready to learn

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



Wow! I am no longer angry, I feel calm.

B. Shouting / Whining

