

# BLUE ZONE



✓ SICK

✓ BORED

✓ TIRED

# RED ZONE



- ✓ MAD
- ✓ ANGRY
- ✓ VIOLENT
- ✓ UPSET

# YELLOW ZONE



✓ **EXCITED**

✓ **WORRIED**

✓ **WIGGLY**

✓ **SILLY**



# GREEN ZONE

- ✓ **HAPPY**
- ✓ **CALM**
- ✓ **FOCUSED**
- ✓ **READY!**