|  |  |  |  |
| --- | --- | --- | --- |
| Blue Zone | Green Zone | Yellow Zone |  Red Zone |
| Feelingsadtired  | upsetquiet/lonelyanxious | Ready to learncalm | happy‘Ok/Fine’confident | Feelingscaredexcited | sillywigglyuncomfortable  | Feelingfrustratedmad | crazycrossangry |
| Strategies-Run around-Daily mile-Write a worry for the worry monster-Sit in the i-space | Strategies to stay at Green-Work sensibly -Do things that make you happy-Listening | Strategies-Talk to an adult-Go for a walk | Strategies-Drink some water-Breathe in and out-Talk to someone -Find your own space |