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| --- | --- | --- | --- | --- | --- | --- | --- |
| Blue Zone | | Green Zone | | Yellow Zone | | Red Zone | |
| Feeling  sad  tired | upset  quiet/lonely  anxious | Ready to learn  calm | happy  ‘Ok/Fine’  confident | Feeling  scared  excited | silly  wiggly  uncomfortable | Feeling  frustrated  mad | crazy  cross  angry |
| 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 | |