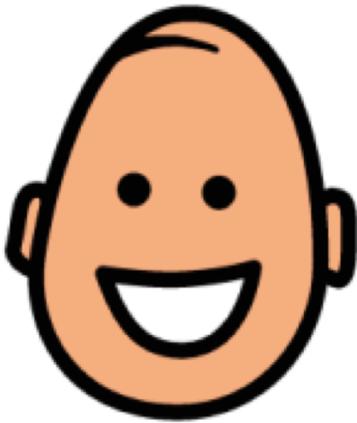
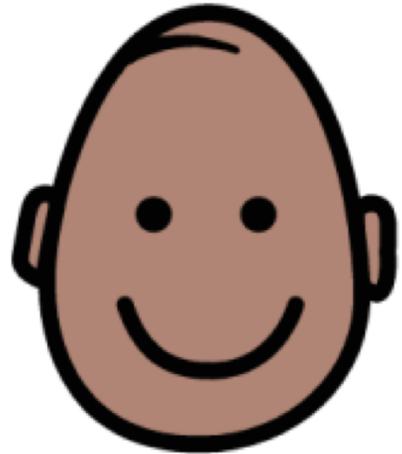


# Green zone

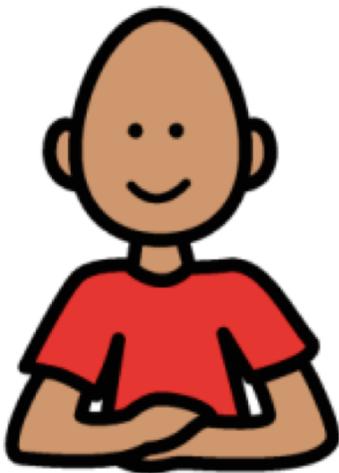
Ready to learn



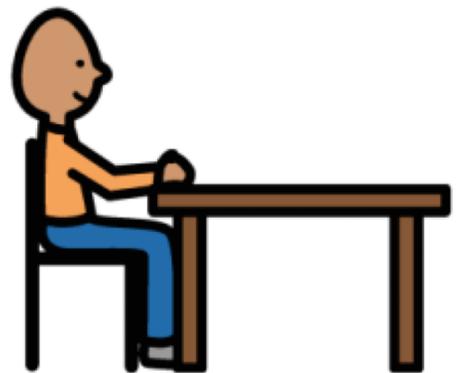
Happy



Calm



Okay



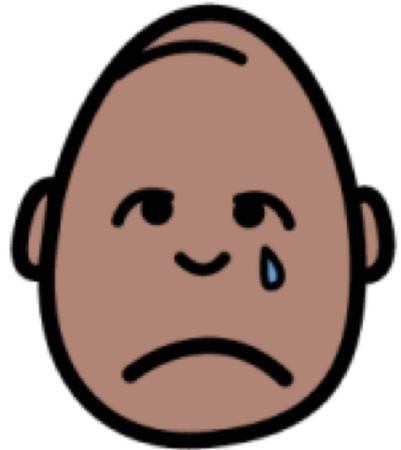
Ready to  
learn

# Blue zone

moving slowly



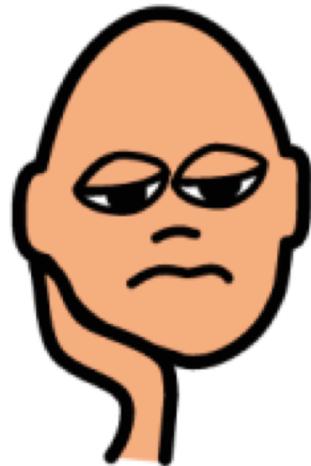
**Tired**



**Sad**



**Sick**



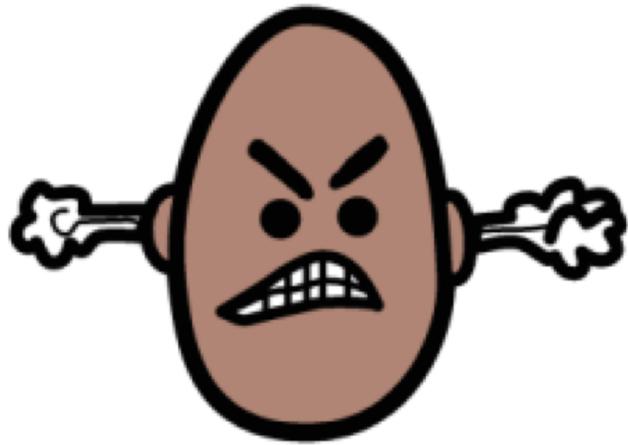
**Bored**

# Red zone

out of control



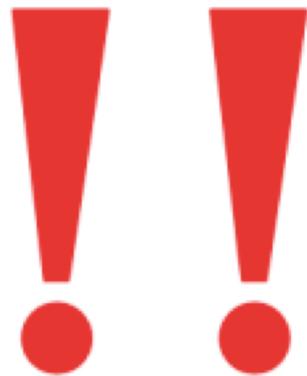
**Terrified**



**Angry**



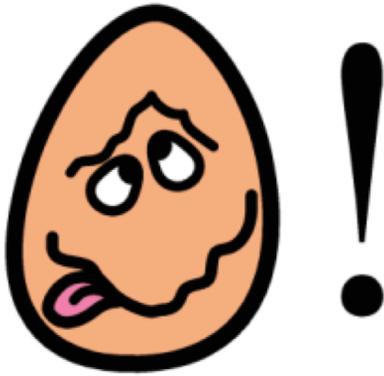
**screaming/kicking/  
yelling**



**Elated**

# Yellow zone

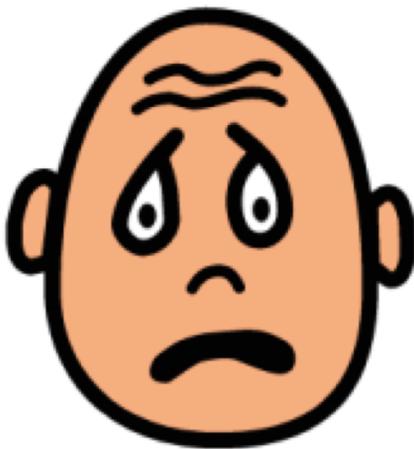
Loss of some control



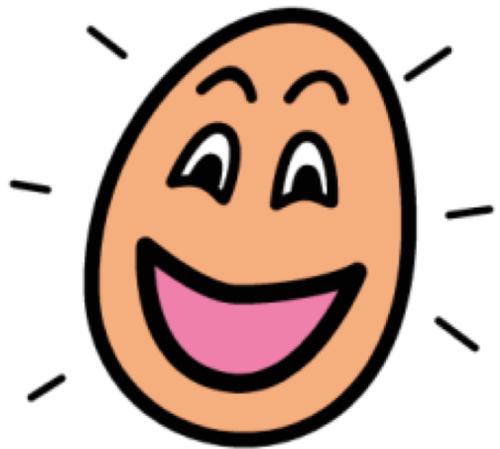
**SILLY**



**FRUSTRATED**



**worried**



**EXCITED**