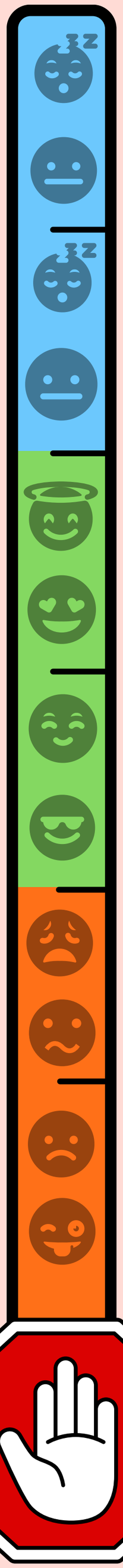
What Zone Am I In?



LOW ENERGY

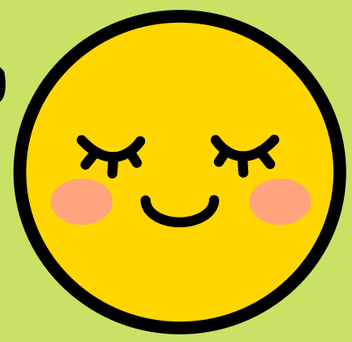


Tired
Sad
Low
Bored



AIM FOR HERE

READY TO LEARN



Calm
Happy
Focused
Ready



HEIGHTENED EMOTIONS



Frustrated
Restless
Fidgety
Confused



INTENSE FEELINGS

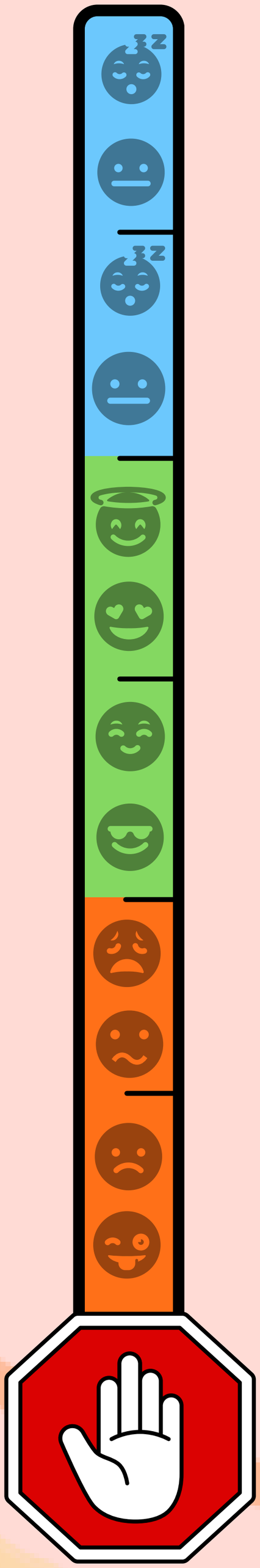


Anger
Fear
Frustrated
Overwhelmed



EMOTIONAL BAROMETER

Tips to get into the green zone

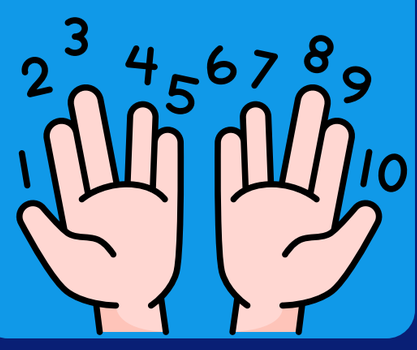


READY TO LEARN

CALM
HAPPY
FOCUSED
READY



COUNT





SELF TALK

WALL PUSH UP



HAVE A REST



BREATHE

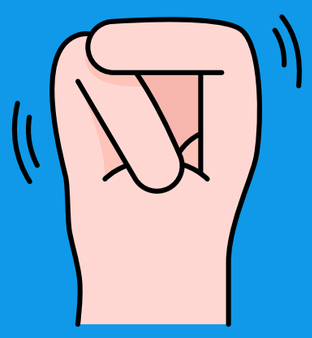


THINK OF A CALM PLACE



LISTEN TO MUSIC





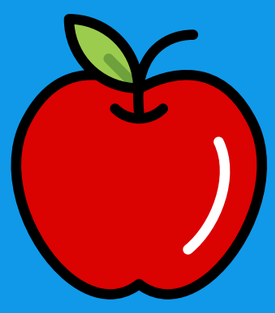
STRETCH

SQUEEZE AND RELEASE



TALK TO AN ADULT





HAVE A SNACK

DRAW

