

Green zone

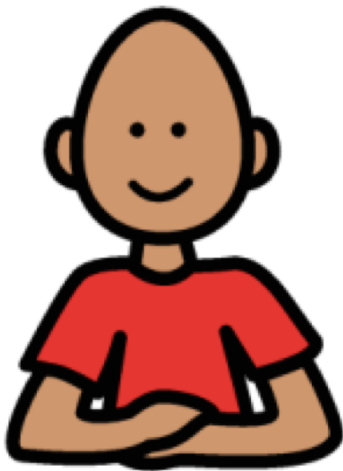
Ready to learn



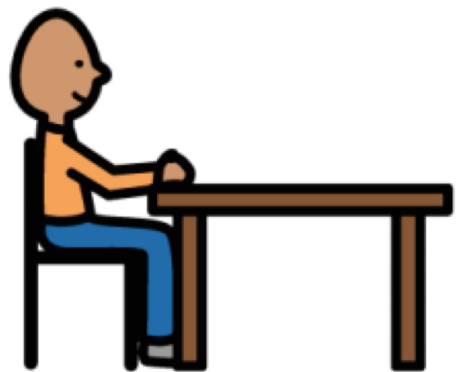
Happy



Calm



Okay



Ready to
learn

Blue zone

moving slowly



Tired



Sad



Sick



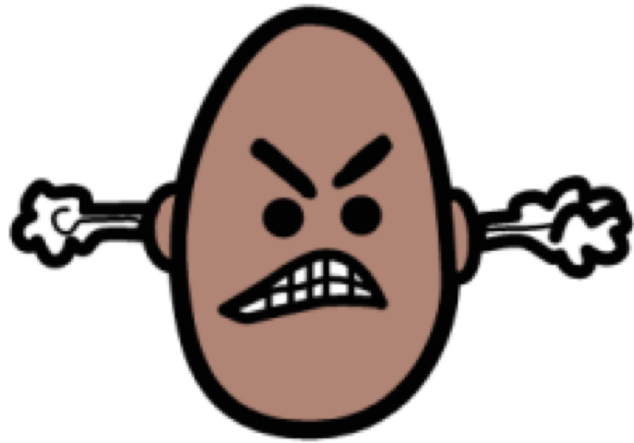
Bored

Red zone

out of control



Terrified



Angry



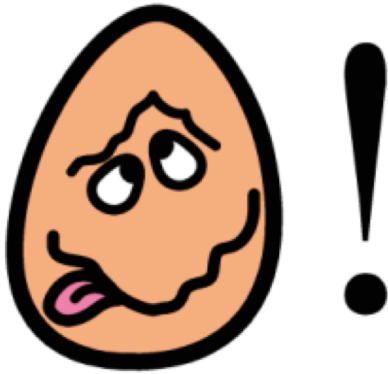
**screaming/kicking/
yelling**



Elated

yellow zone

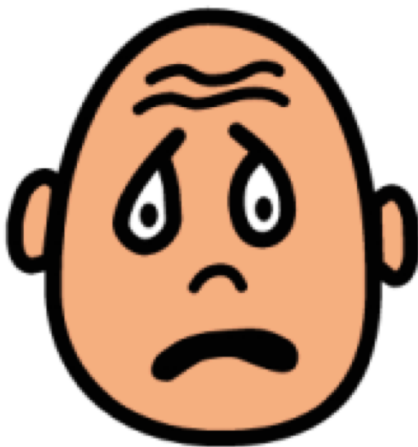
Loss of some control



SILLY



FrUStated



worried



EXCited