

ZONES to help describe What we are feeling on the INSIDE

→ My Feelings

→ My Energy

→ My Level of
Alertness



What are the ZONES ?



BLUE ZONE

- ★ Low States of alertness
 - Sad
 - Sick
 - Tired
 - Bored
 - Sluggish



When your body and/or brain is
Moving slowly



What are the ZONES?



GREEN ZONE

- ★ Regulated state of alertness
 - Calm
 - Happy
 - Focused
 - Content
 - Proud



This Zone shows Control



What are the ZONES?



YELLOW ZONE

- ★ Heightened state of alertness
 - Stress/Anxiety
 - Frustration
 - Excitement
 - Silly/Wiggly/Squirmy
 - Nervous
 - Confusion



starting to lose control



What are the ZONES?

RED ZONE



★ Extremely Heightened state of alertness or Very intense feelings

- Mad or Angry
- Paniced or Terrified
- Devastated or Distraught
- Overjoyed or Elated



Being overwhelmed by feelings & have a loss of control

