Blue Zone

Moving Slowly

Sick

Sad

Bored

Tired

Green Zone

Ready to Learn

Calm

Happy

Focused

Feeling Okay

Yellow Zone

Loss of Some Control

Silly

Excited

Worried

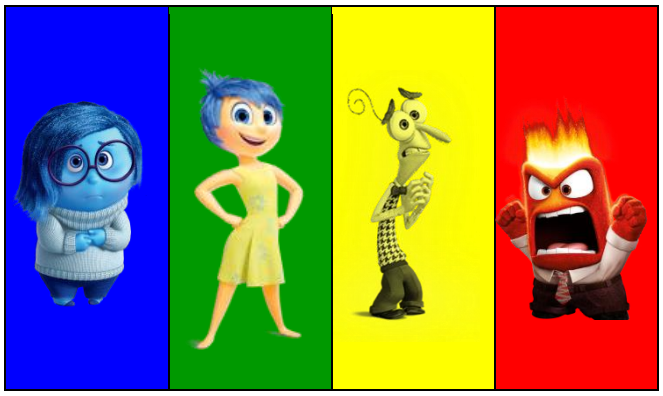
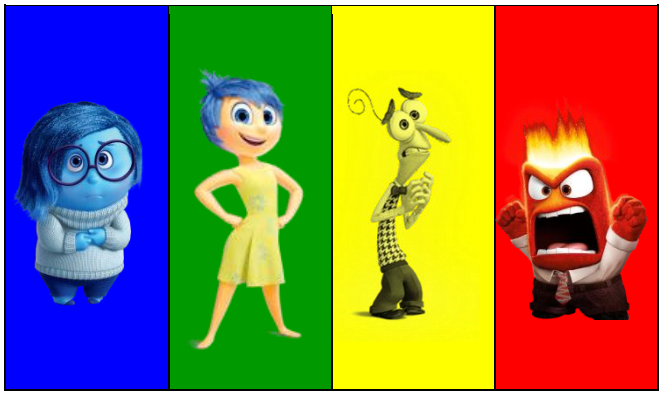
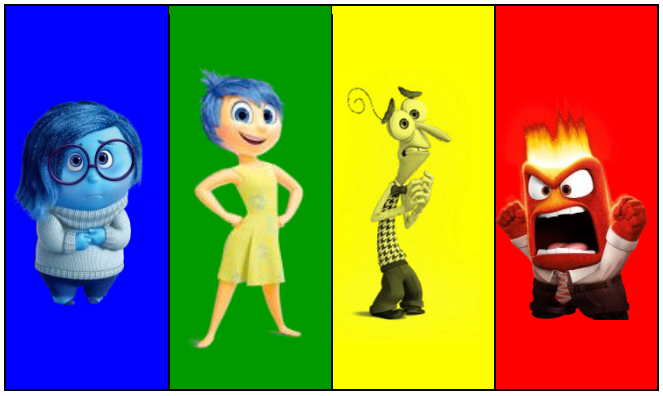
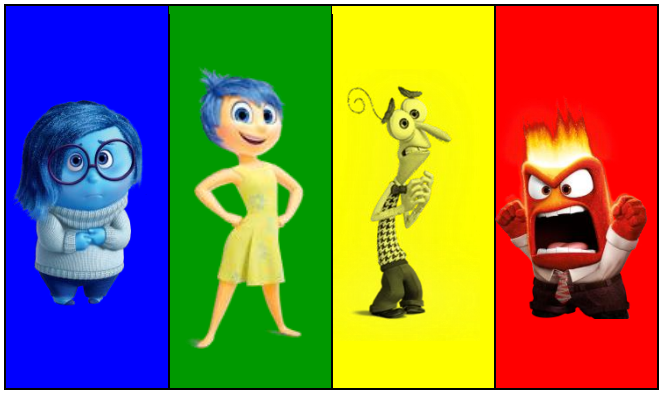
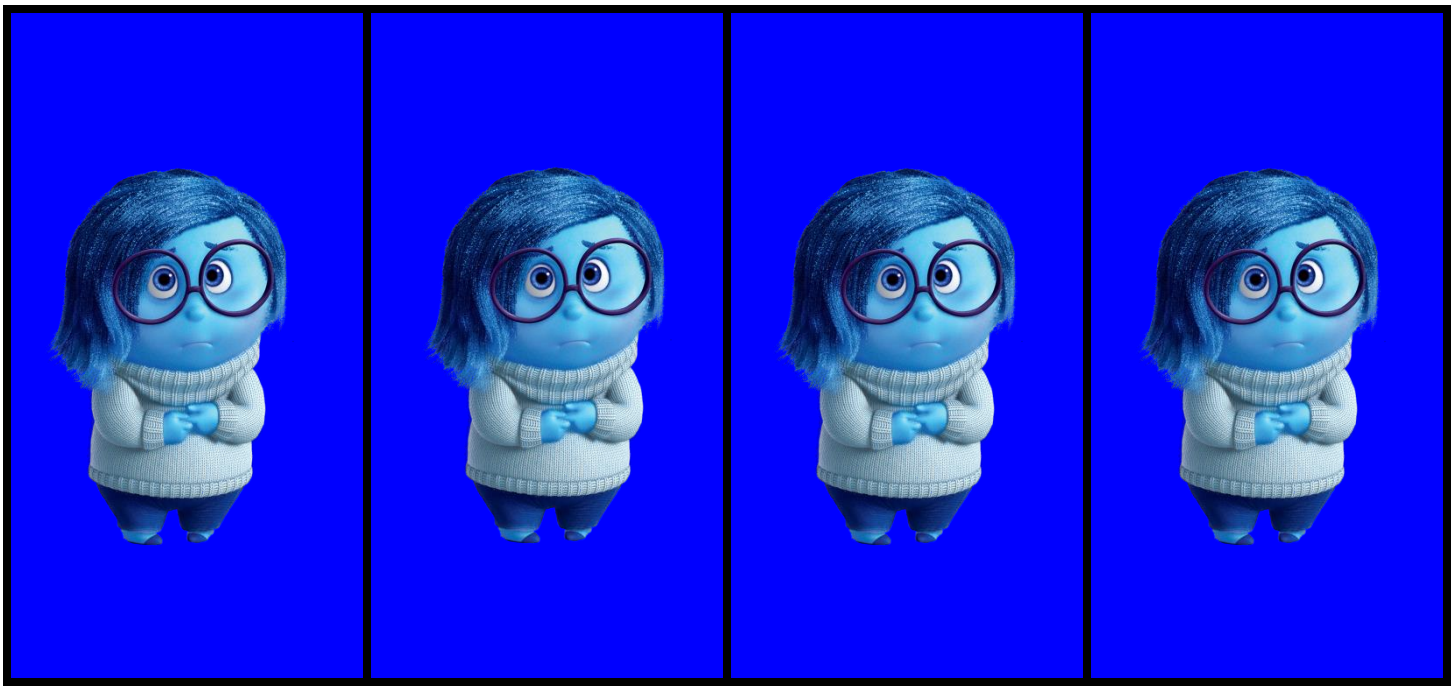
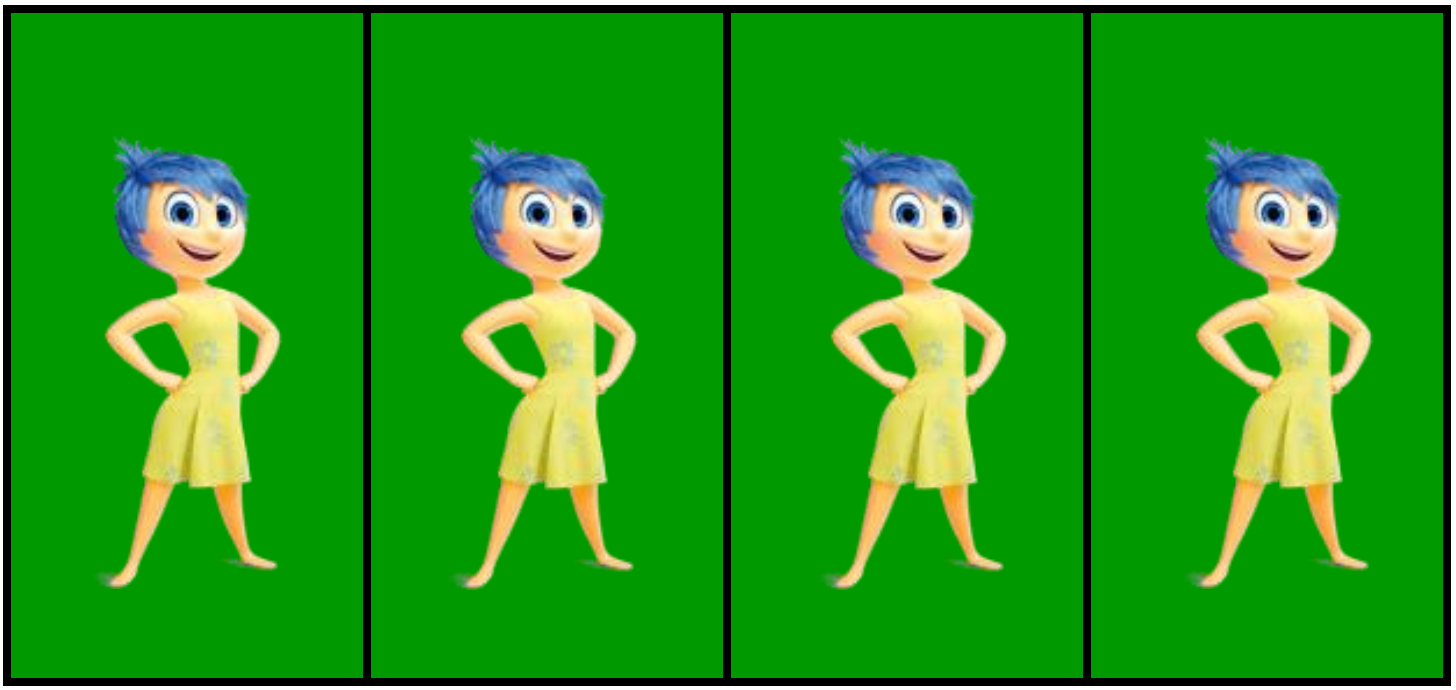
Frustrated

Red Zone

Out of Control

Terrified

Yelling/Hitting

Elated

Mad/Angry