



### Blue Zone

Sad  
 Upset      Legs feel like jelly  
 Dis-      Tired  
 traught  
 Heart-      bro-  
 ken

Go and tell an adult how you are feeling.  
 Reading.  
 Think about happy memories and happy thoughts.  
 Play with friends (at break).  
 Ask for help.  
 Get some fresh air.  
 Sit in a safe space—beanbags.  
 Don't tell tales.



### Green Zone

Happy      Incredible  
 Joyful  
 Ready to learn  
 Awesome  
 Praise  
 Feel good inside

Think about good memories.  
 Be active.  
 Playing games with friends.  
 Come to school.  
 Read a book.  
 Drawing (in golden time).  
 Singing.



### Yellow Zone

Excited      Anxious  
 Silly  
 Crazy  
 Surprised  
 Worried  
 Heart pounding  
 Losing your mind

Go and tell an adult how you are feeling.  
 Walk away from the problem.  
 Making good friends.  
 Eat and drink.  
 8 drawing (breathing exercise).  
 Calm down (count down from 10).  
 Try to listen to adult or friends advice.  
 Don't tell tales.



### Red Zone

Angry      Furious  
 Annoyed      Outraged  
 Mad  
 Heartless  
 No-self control  
 Frustrated

Go and tell an adult how you are feeling.  
 Calm down—get your own space.  
 Walk away from the problem.  
 Exercise.  
 Drink.  
 Breathing exercises.  
 Do something different.  
 Remembering good sportsmanship.  
 Remember there are more chances.  
 Reading.  
 Don't tell tales.