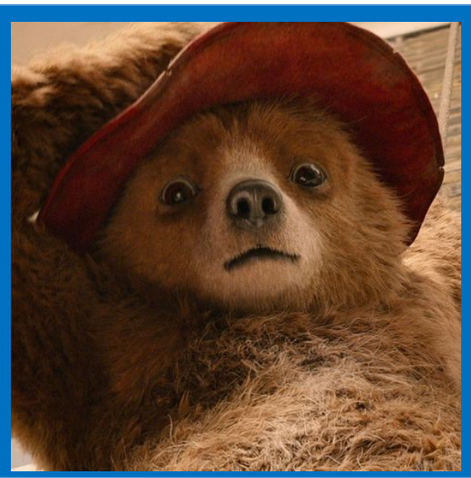

Blue Zone

tired cold sad upset

under the weather

disappointed embarrassed

worried flappy rainy poorly

Green Zone

happy calm

Proud

go-go-go relaxed

grounded smiley

Yellow Zone

stressed quackers

crazy excited giggling

over excited confused

astonished laughing

chatty wired cheeky

Red Zone

angry stressed arguing

hot mad scared mad

punching hitting

not listening shouting

hard stare

TOO SLOW

Talk to a grown up

Ask for help

Say to yourself its okay

go for a walk

Have a drink

GOOD TO GO AND READY TO LEARN

Work hard

Challenge yourself

Be confident

WARNING-SLOW DOWN

talk to a teacher

Calm down

Be careful

STOP!

Say sorry

Take some deep breaths

Think about what you have done

Talk to a grown up

Have 5 minutes on your own

Walk away

Cuddle a teddy

Have a drink