Blue Zone

Upset Sad Tired Hurt feelings

Unhappy Gloomy

Stressed out

Green Zone

Happy Ecstatic Joy-ful Well-rested

Ready to learn

Pleased

Yellow Zone

Excited Hyper

Playful Silly

Energetic

Losing Control

Not ready to learn

Red Zone

Angry Hungry

Stressed

Hurt (physically or emotionally)

Fuming Nervous

What now?

Read a book

Ask for help (a trusted friend or adult)

Get a good nights sleep

Daily run/exercise

Play a board game

What now?

Do nice things

Believe in yourself

Be kind to others

Achieve something good

Do things that make you happy

What now?

Have some time by yourself

Ask for advice

Count in your head

Have a drink

Get fresh air

What now?

Ask for advice

Colour or read

Walk away

Exercise

Meditate

Take deep breaths