🌈 My Feelings Zones

How do I feel? Point to my zone.

BLUE



tired
sad
sick

🐢 **body feels slow**

WHAT I CAN DO
💧 Get water
🙋 Tell an adult

GREEN



calm
happy
ready

✅ **ready to learn**

WHAT I CAN DO
📚 Keep working
👍 Help a friend

YELLOW

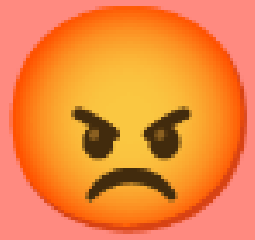


worried
silly
frustrated

🌀 **body feels wiggly**

WHAT I CAN DO
🌬️ Take 3 breaths
🧰 Use a tool

RED



angry
scared
out of control

🛑 **STOP**

WHAT I CAN DO
✋ Stop and breathe
🙋 Ask an adult

All zones are OK. 💙💚💛❤️ I can use a tool to get back to green.

My Feelings Zones



BLUE
tired · sad · sick
💧 **get water · tell an adult**



GREEN
calm · happy · ready
📚 **ready to learn!**



YELLOW
worried · silly · frustrated
🌬️ **3 breaths · use a tool**



RED
angry · scared · out of control
🛑 **stop · ask an adult**

👉 **Point to how I feel.**

My Feelings Zones



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💧 **get water · tell an adult**



GREEN
calm · happy · ready
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YELLOW
worried · silly · frustrated
🌬️ **3 breaths · use a tool**



RED
angry · scared · out of control
🛑 **stop · ask an adult**

👉 **Point to how I feel.**