

HOW DO I LOOK?

Our faces show our feelings

BLUE ZONE



Tired



Sad



Bored



Sick



Slow



Down

GREEN ZONE



Calm



Happy



Focused



Ready



Okay



Proud

YELLOW ZONE



Excited



Worried



Silly



Frustrated



Wiggly



Nervous

RED ZONE



Angry



Scared



Overwhelmed



Out Of Control



Furious



Terrified