

# 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