

WHAT ZONE ARE YOU IN TODAY?

Good morning! Check in with yourself. Where are you today?



BLUE ZONE

I feel calm, tired, or moving slow

PLACE NAMES HERE



GREEN ZONE

I feel happy, focused, and ready to learn

PLACE NAMES HERE



YELLOW ZONE

I feel excited, worried, or wiggly

PLACE NAMES HERE



RED ZONE

I have big feelings or feel out of control

PLACE NAMES HERE