

# WHERE DO I FEEL IT?

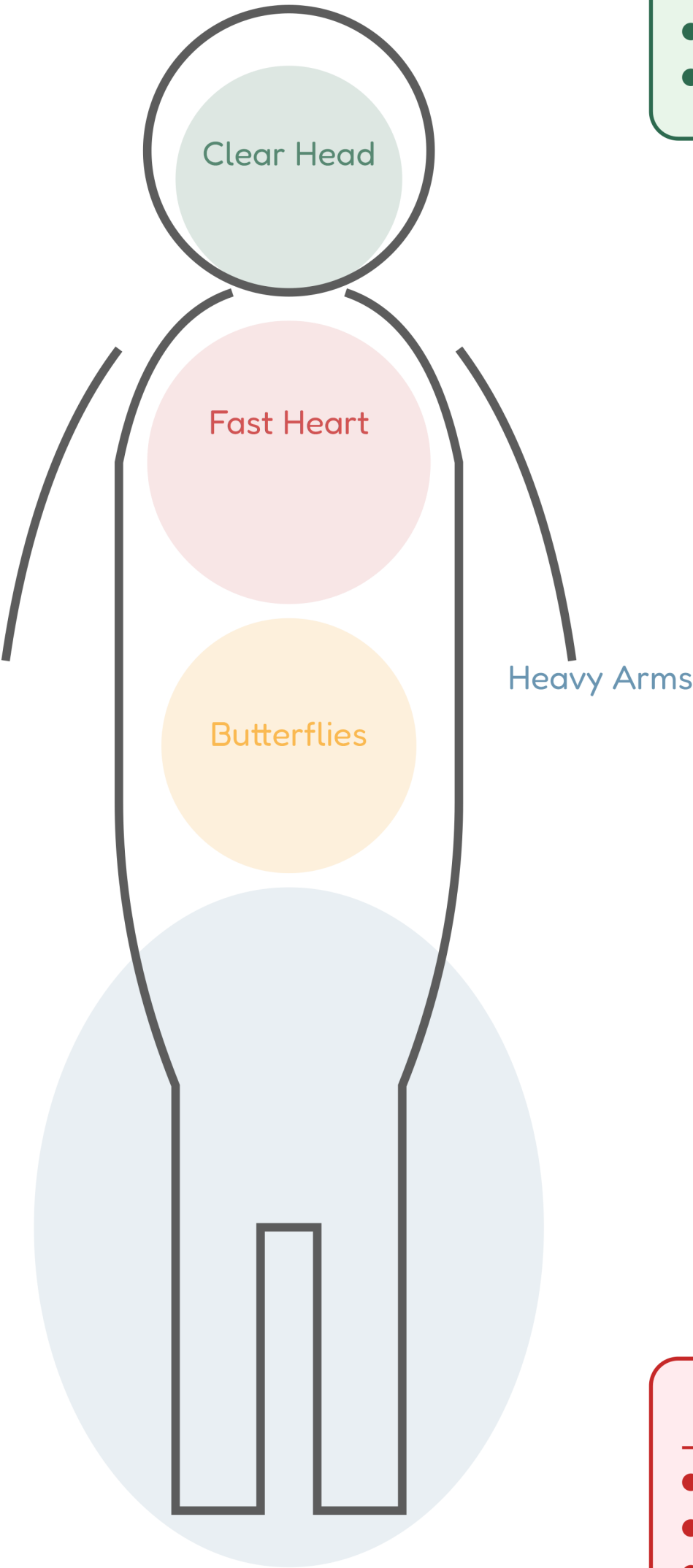
*Our bodies give us clues about our feelings*

## BLUE ZONE

- Heavy arms & legs
- Droopy eyes
- Slow heartbeat
- Low energy

## GREEN ZONE

- Relaxed muscles
- Clear head
- Steady breathing
- Ready posture



## YELLOW ZONE

- Butterflies in stomach
- Faster heartbeat
- Wiggly body
- Tight shoulders

## RED ZONE

- Hot face
- Clenched fists
- Pounding heart
- Tight chest
- Stomachache