

INNER WEATHER CHECK: HOW AM I FEELING?



Red Zone:

Mad/Angry, Terrified,
Elated/Ectastic, Devastated, Out
of Control



Yellow Zone:

Frustrated, Worried, Silly, Wiggly,
Excited, Loss of Some Control.



Green Zone:

Happy, Calm, Feeling Okay,
Focused, Relaxed



Blue Zone:

Sad, Sick, Tired, Bored,
Moving Slowly