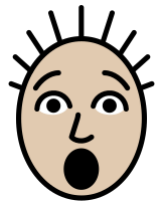


angry



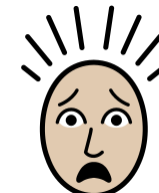
terrified



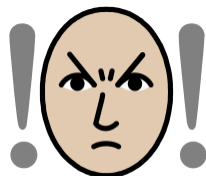
elated



frustrated



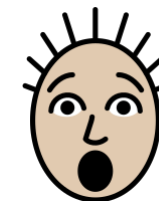
panicked



furious



Red Zone



shocked



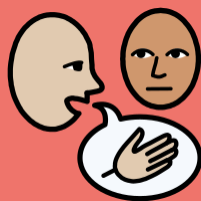
out of control



overjoyed



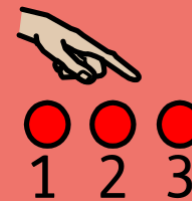
I can



ask for help



go for a walk



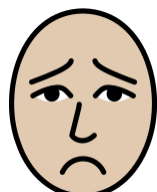
count to 10



find a safe
space



hurt



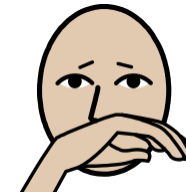
sad



sick



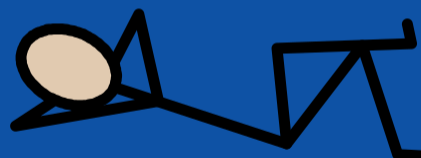
tired



shy



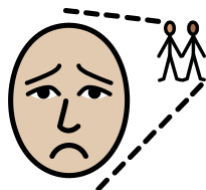
bored



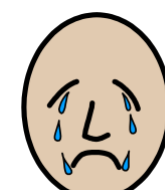
Blue Zone



exhausted



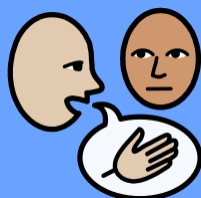
lonely



upset



I can



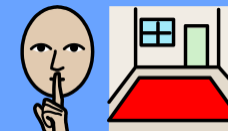
ask for help



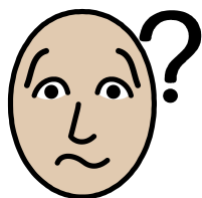
find a friend



play a game



find a safe
space



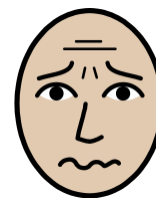
confused



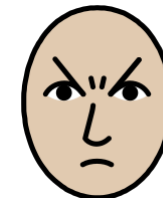
frustrated



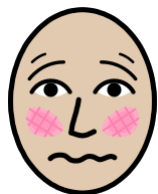
silly



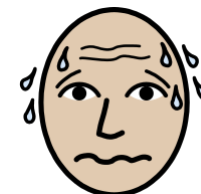
nervous



annoyed



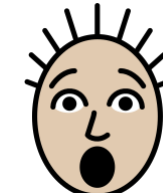
embarrassed



worried



upset



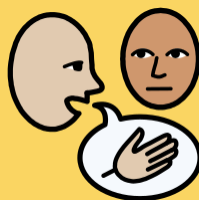
scared

SLOW

Yellow Zone



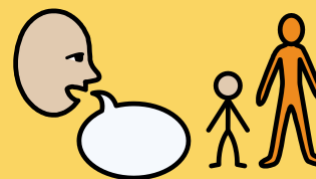
I can



ask for help



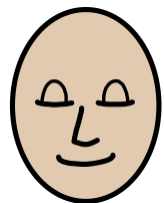
find a friend



tell an adult



go for a walk



calm



grateful



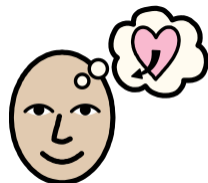
proud



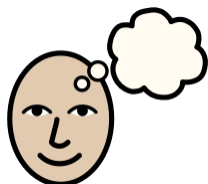
comfortable



happy



hopeful



focused

GO

Green Zone



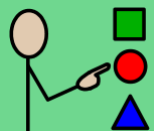
relaxed



okay



I can



make a good
choice



listen to others



have fun



feel proud