

My
ZONES

(at home)
workbook

Name:

BLUE ZONE: low states of alertness and down feelings. Includes feelings like feels sad, tired, sick, or bored.

GREEN ZONE: a calm state of alertness. Includes feelings like happy, focused, content, or ready to learn.

YELLOW ZONE: a heightened state of alertness and elevated emotions, with some control. Includes feelings like stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness.

RED ZONE: extremely heightened states of alertness and intense emotions. Includes feelings like elation, anger, rage, devastation, or terror.

What the emotions mean, feel and how do they present?

Everyone feels different emotions at different times throughout the day and throughout their lives. It is OK to feel any emotion, and everyone will feel this way at some point in their life. No emotion is a bad emotion as long as we are aware of it and know how to control it.

For the next few pages you will explore the different emotions. *These emotions might present differently at home than to school.*

To better understand it you will:

- 1) Discuss what each means
- 2) Reflect back on a time you may have felt this way or when someone else may have felt this way
- 3) Discuss how facial expressions may change
- 4) How the body may look
- 5) How the body feels when experiencing each of the emotions

Remember this is unique to you and how someone else may look or feel could be different and that is OK.

Sad

Feeling SAD means:

When I am feeling sad: My face looks like.. My Body looks like... My insides feel like... What makes me feel SAD?

Sick

Feeling SICK means:

When I am feeling SICK: My face looks like... My Body looks like... My insides feel like... What makes me feel?



Tired

Feeling
TIRED
means:

When I am feeling TIRED: My face looks like... My Body looks like... My insides feel like...

Bored

Feeling BORED means:

When I am feeling BORED: My face looks like... My Body looks like... My insides feel like...

Happy

Feeling HAPPY means:

When I am feeling HAPPY: My face looks like... My Body looks like... My insides feel like... What makes me feel HAPPY?

Calm



Feeling CALM
means:

When I am feeling CALM: My face looks like... My Body looks like... My insides feel like... What makes me feel CALM?

Feeling 'OK'

Feeling OK means:

When I am feeling OK: My face looks like... My Body looks like... My insides feel like... What makes me feel OK?



Focused

Feeling
FOCUSED
means:

When I am feeling FOCUSED: My face looks like... My Body looks like... My insides feel like... What makes me feel FOCUSED?

Frustrated

Feeling FRUSTRATED means:

When I am feeling FRUSTRATED: My face looks like... My Body looks like... My insides feel like... What makes me feel FRUSTRATED?



Worried

Feeling
WORRIED
means:

When I am feeling WORRIED: My face looks like... My Body looks like... My insides feel like... What makes me feel WORRIED?

Excited

Feeling EXCITED means:

When I am feeling EXCITED: My face looks like... My Body looks like... My insides feel like... What makes me feel EXCITED?

Loss of control

Feeling a LOSS OF CONTROL
means:

When I am feeling a Loss of Control: My face looks like... My Body looks like... My insides feel like... What makes me feel a LOSS OF CONTROL?

Angry

Feeling ANGRY means:

When I am feeling Angry: My face looks like... My Body looks like... My insides feel like... What makes me feel Angry?

Terrified Feeling
TERRIFIED means:

When I am feeling TERRIFIED: My face looks like... My Body looks like... My insides feel like... What makes me feel TERRIFIED?

Creating my **ZONES** toolbox for home

Name of tool (i.e listening to Music, taking a walk outside, looking at family pictures)	Circle the Zone that it would best help you in
	Blue Green Yellow Red
	Blue Green Yellow Red
	Blue Green Yellow Red
	Blue Green Yellow Red
	Blue Green Yellow Red
	Blue Green Yellow Red

Size of my problems

Everyone experiences different problems in their life and how we react differs from person to person. Sometimes we may react **big** to a problem that is small.

How big is my problem?

Remember ...

Our reaction should always be in proportion to the problem which has occurred.