

# CHECK-IN

## Green Zone

I am feeling:

Happy, focused, ready to learn and calm.

## Blue Zone

I am feeling:

Sad, tired, bored, nervous or sick.

## Yellow Zone

I am feeling:

Frustrated, silly, a little out of control, worried or excited.

## Red Zone

I am feeling:

Angry, upset, out of control, wanting to yell or hit or am refusing to work.