

Some feelings in the
BLUE ZONE



Bored



Hurt



Sick



Tired



Exhausted



Sad

Low levels of energy
and down feelings

Some feelings in the
GREEN ZONE



Calm



Happy



Okay



Focused



Proud



Relaxed

Calm energy and a
sense of control

Some feelings in the
YELLOW ZONE



Frustrated



Worried



Energetic



Silly



Excited



Annoyed

Higher energy and
stronger feelings

Some feelings in the
RED ZONE



Overjoyed



Wild



Angry



Out of Control



Terrified



Furious

Extremely high energy
and strongest feelings