

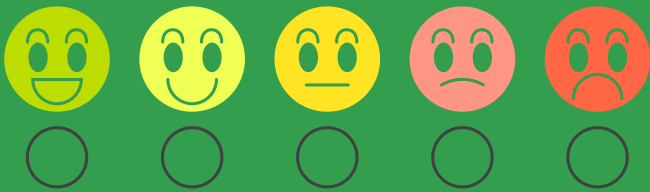


Student Name: _____

Obtain Marks: _____

My Zones Tracker

Emotional Regulation



color in the zone that matches how you feel, all through the day

BLUE ZONE

Sad
Tired
Sick
Bored

GREEN ZONE

Calm
Happy
Focused
Ready

YELLOW ZONE

Silly
Worried
Excited
Frustrated

RED ZONE

Angry
Mad
Terrified
Out of control

Time of day	BLUE	GREEN	YELLOW	RED
Morning				
Midday				
Afternoon				
Evening				