

Emotions & Zones

HOW I FEEL

I CAN



Angry
Mean
Mad



Afraid
Out of Control

- Take 5 deep breaths
- Take a break
- Count to 10
- Rest in a quiet area
- Talk about my problem



Worried
Frustrated
Silly



Wiggly
Excited

- Take 3 deep breaths
- Take a break
- Ask for help
- Rest in a quiet area
- Read a book, draw or write
- Talk to a teacher or an adult



Calm
Happy
Focused



Ready
Working

- Help others
- Choose an activity
- Play a game
- Go outside if possible



Sad
Down
Tired



Bored
Slow

- Have a snack or a drink of water
- Read or rest in a quiet area
- Do 10 Jumping Jacks
- Go outside if possible
- Talk to a teacher or an adult about my feelings

