

BLUE ZONE

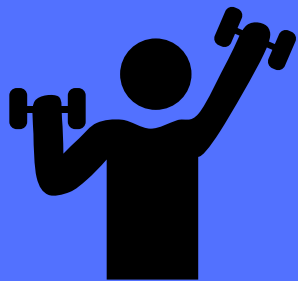
Low levels of energy and down feelings

POSSIBLE SIGNS:

SLUMPED
SLOW BREATHING
TEARS
STARING OFF
SLOW RATE OF SPEECH
MUFFLED VOICE
BOTTOM LIP OUT
YAWNING

BLUE ZONE TOOLS

Provide energy, comfort or rest.



GREEN ZONE

Calm energy and a sense of control

POSSIBLE SIGNS:

REGULAR OR CALM BREATHING
REGULAR VOICE
CALM AND CONTROLLED MOVEMENTS
FIDGITING

GREEN ZONE TOOLS

Help us to feel well, healthy, alert and focused.



YELLOW ZONE

Higher energy and stronger feelings

POSSIBLE SIGNS:

ALERT AND RIDGID POSTURE
TENSE MUSCLES
FAST BREATHING
TIGHT JAW
INCREASED NEED TO FIDGIT
LAUGHTER
DISTRESSED EXPRESSION

YELLOW ZONE TOOLS

Help us to slow down, feel in control and calmer.



RED ZONE

Extremely high energy and strongest feelings

POSSIBLE SIGNS:

HYPER ALERT
FROZEN OR RUNNING
VERY TENSE MUSCLES
RAPID OR SHALLOW BREATHING
CLENCHED JAW
SWEATY
FLUSHED FACE
STRONG VOICE

RED ZONE TOOLS

Help us to pause and feel calmer, safer and more in control.

