



Yellow Zone

excited

happy

calm

confident



Yellow Zone feelings should be 'good for me, good for you, good for everyone.'



Green Zone

worry

slightly stressed

frustrated

confused



Green Zone feelings help you to grow!



Blue Zone

sad

tired

bored

angry



Blue Zone feelings can feel tough for a while.



Red Zone

really angry

really worried

out of control



Red Zone feelings can make you feel like you will pop!

Yellow Zone



Is the way I am getting these positive feelings helpful or unhelpful to me and others?

Green Zone



Is this unpleasant feeling helping me to become a confident and successful person? If so, you are in the Green Zone!

Blue Zone



How am I managing this unpleasant feeling?
Have I got the right support?

Red Zone



When you are in the Red Zone, you are experiencing feelings that can make you pop.

We can experience these feelings if we are having too many Blue Zone experiences for too long.

