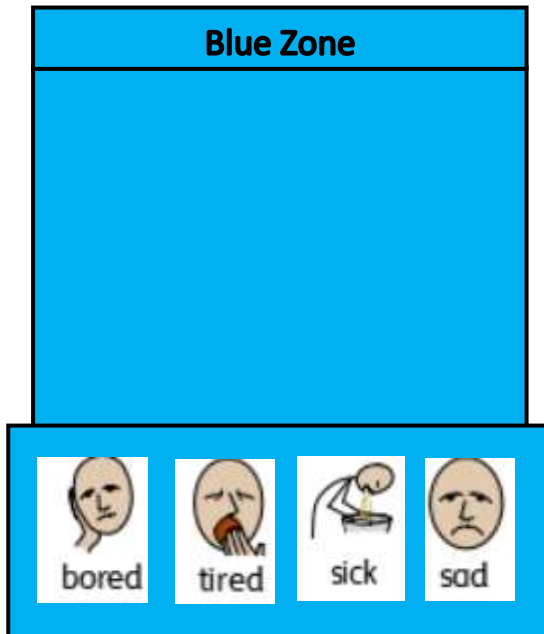


Zones Check-In

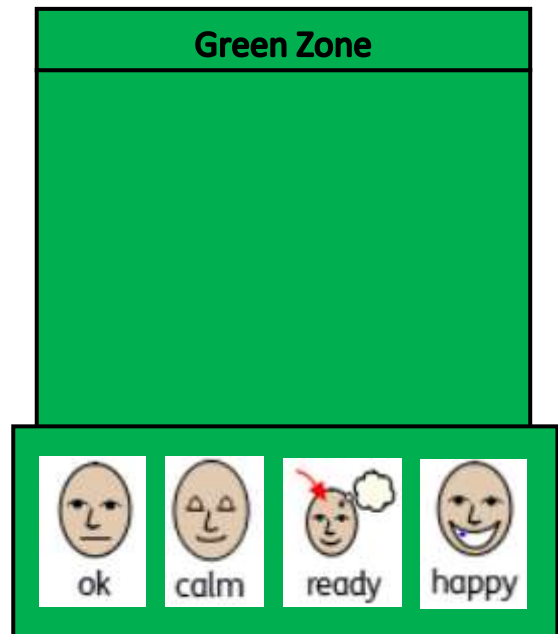
When I am in this zone ...

Blue Zone



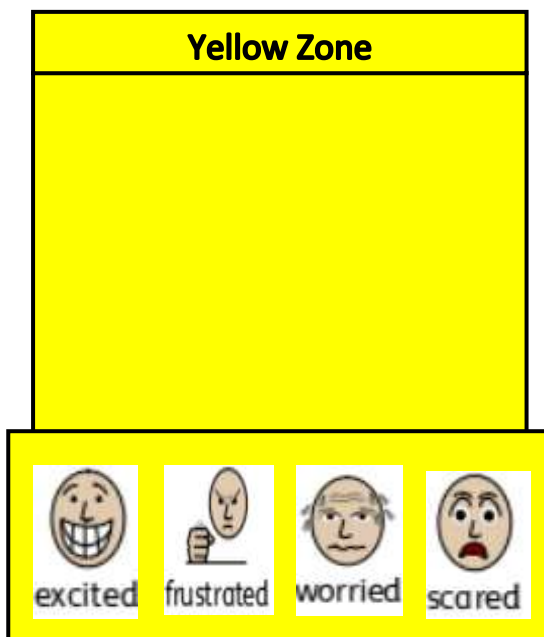
bored tired sick sad

Green Zone



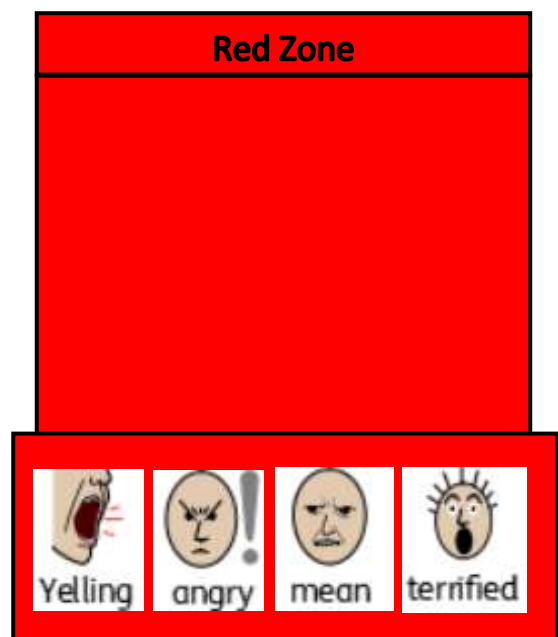
ok calm ready happy

Yellow Zone



excited frustrated worried scared

Red Zone



Yelling angry mean terrified

I can try ...



toolbox