

Name: _____

Date: _____

What Zone am I In?

Z Q G A F D K G G E S S O F O Y Z P G H D X R U
 G U Q W Q H L H B Q M D V C M Y M S O E N O E I
 G E K C H Q M M N E L G F Y G A A O R H Z N N Q
 O R P X B O G I G D O Y D R Q K O O W E Q M R Q
 U E Q L G N I L L E Y K V W U M B Q A D E R I T
 T A W H H J L D X C A Y C Y T S B V C O I G S N
 O D S I L L Y Z I L V N S C X U T T S L W X R E
 F Y V F G J Y E L L O W Z O N E Z R H K W B S C
 C T H D E I F I R R E T I K J Y U U A S L A V G
 O O K D P M U E J G N E E X C I T E D T V Q B R
 N L M X A U A G Z Q A Y O F C Q X X M U E N N E
 T E Y D U Z N S L B W Q X A K A M D H C D D H E
 R A W I E I H O G T K V J O O B X E I Z O S N N
 O R D L T P V A N G R Y O M W D Q C O M V W T Z
 L N F T C E Q R L C G O Y R L T A B G X W M L O
 I D I K R G D M O S F H Y Q Q O Y X H Z C C R N
 Q H B L U E Z O N E B F T S A D A S R H D E Y E
 E B J C K Y U L U H K H K G Q Q B Q H J P P N G
 K F Z D U L F E E L I N G O K A Y F J M P U I V
 K Z B J T Y E W O A N S T Q I K P S Z A L O L V
 F B S H C K D N E Q B L D Y K E C N H L A A Y B
 A D W R E D Z O N E H F C Z O M O I R L C R C N
 U M D E I R R O W F P M Q I T C L V S Y Q R J X
 W U K I X Y G I U G L Y G S A W A F T P D M C T

Out of Control
 Frustrated
 Red Zone
 worried
 bored
 Mad

Ready to learn
 Green Zone
 Hitting
 Angry
 Tired
 sad

Feeling Okay
 Terrified
 Yelling
 Silly
 Calm

Yellow Zone
 Blue Zone
 Excited
 Happy
 sick