

Name:

Date:



My Week of Emotions

Our emotions can be divided into four zones: blue, green, yellow, and red. We always try to stay or go back to the green zone and avoid the red zone.

Fill out the calendar below for an overview of the zones you go through in a week.

SUNDAY Today I felt: To stay in the green zone, I tried to: 	MONDAY Today I felt: To stay in the green zone, I tried to: 	TUESDAY Today I felt: To stay in the green zone, I tried to: 	WEDNESDAY Today I felt: To stay in the green zone, I tried to:
THURSDAY Today I felt: To stay in the green zone, I tried to: 	FRIDAY Today I felt: To stay in the green zone, I tried to: 	SATURDAY Today I felt: To stay in the green zone, I tried to: 	

ZONES OF REGULATION

Low energy and motivation to participate

Attentive and feeling positive overall

Uncomfortable and needs to focus

Full of negative emotions and may react harshly