

Me in My

ZONES

Name: _____



This is a picture of me in the **BLUE ZONE**:

My face and body clues are:







I feel in the **BLUE ZONE** when:

I am more likely to make others feel:

Name: _____



This is a picture of me in the **GREEN ZONE**:

My face and body clues are:







I feel in the **GREEN ZONE** when:

I am more likely to make others feel:

Name: _____



This is a picture of me in the **YELLOW ZONE**:

My face and body clues are:







I feel in the **YELLOW ZONE** when:

I am more likely to make others feel:

Name: _____



This is a picture of me in the **RED ZONE**:

My face and body clues are:







I feel in the **RED ZONE** when:

I am more likely to make others feel:

Directions:

Staple all the pages together **except for this one**. Cut out and glue the headings below to the page opposite the picture of him or her in the corresponding colored zone. For example: When the book opens to *This is a picture of me in the Blue Zone* page, the heading on the left side page opposite it will be: *When I'm in the Blue Zone, I can try these Blue Zone tools*

**When I'm in the Blue Zone,
I can try these Blue Zone tools:**

**When I'm in the Green Zone,
I can try these Green Zone tools:**

**When I'm in the Yellow Zone,
I can try these Yellow Zone tools:**

**When I'm in the Red Zone,
I can try these Red Zone tools:**