



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

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