Red Zone

elated
terrified
livid
jubilant
angry
cross
shocked
disgusted
thrilled
ecstatic
horrified
furious
crazy
distressed
Yellow Zone

- annoyed
- giddy
- upset
- distracted
- excited
- confused
- irritated
- fidgety
- nervous
- embarrassed
- left out
- unsure
- worried
- silly
Green Zone

happy
positive
proud
calm
content

thankful
listening

ok
ready
switched on
learning
good

in the group
focussed
Blue Zone

Shy
Ill
Tired
Disappointed
Sad
Bored
Excluded
Quiet
Slow
Poorly
Full
Chill
Unhappy
Depressed