

How am I feeling?

GREEN ZONE



I am doing great.
I am feeling happy.
I am enjoying trying
new things at home.

BLUE ZONE



I am doing OK.
I am feeling a bit
sad.
I am feeling lonely.

YELLOW ZONE



I am starting to
struggle.
I am feeling worried.
I want to speak to
someone.

RED ZONE



I am having a really
hard time.
I am feeling angry.
I want to see
someone.