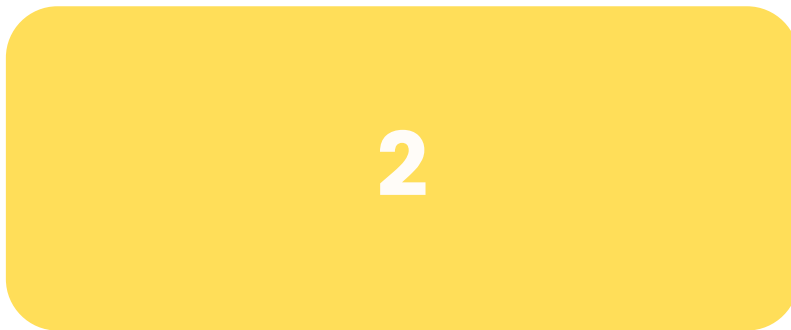


**Zone Cards**

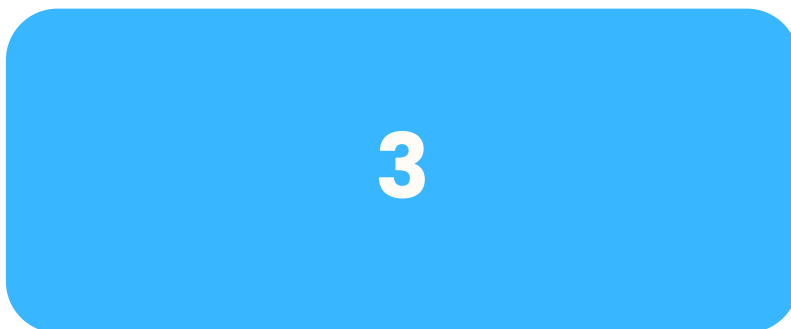
Designed to help students identify how they are feeling.



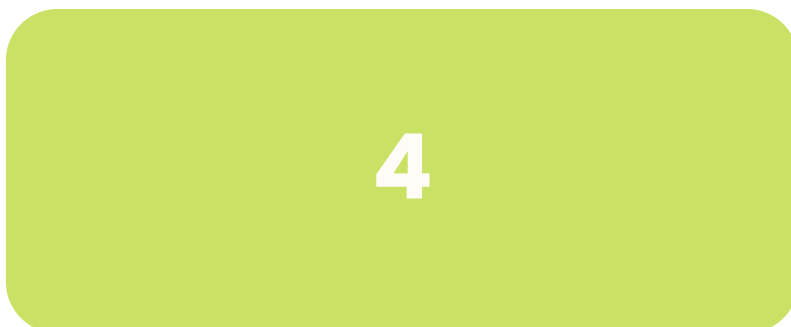
**Zone 1**  
Angry



**Zone 2**  
Worried  
Frustrated  
Nervous



**Zone 3**  
Sad  
Bored  
Tired



**Zone 4**  
Calm  
Focused  
Happy