

What ZONE are you in?

Bored

Sad

Sick

Tired

A blue rectangular panel containing four cartoon faces and one person icon. The faces are labeled 'Bored' (eyes closed, hand on chin), 'Sad' (tearful), 'Sick' (coughing into an elbow), and 'Tired' (heavy eyelids).

Slow
Moving

Calm

Content

Happy

OK

A green rectangular panel containing four cartoon faces and one thumbs-up icon. The faces are labeled 'Calm' (relaxed), 'Content' (neutral), 'Happy' (wide smile), and 'OK' (neutral with thumbs up).

Ready to Go

Disappointed

Excited

Worried

Terrified

A yellow rectangular panel containing four cartoon faces. The faces are labeled 'Disappointed' (frown), 'Excited' (wide smile with radiating lines), 'Worried' (wide eyes, furrowed brows), and 'Terrified' (wide eyes, open mouth).

Some
Control

Angry

Aggressive

Mad

Terrified

A red rectangular panel containing four cartoon faces and one aggressive action icon. The faces are labeled 'Angry' (frown, furrowed brows), 'Aggressive' (clenched fists), 'Mad' (frown, furrowed brows), and 'Terrified' (wide eyes, open mouth).

Out of
Control