

Blue Zone Green Zone

sad

tired

happy

calm

sick

okay

ZONES OF  
REGULATION

I am running slow

Yellow Zone Red Zone

worried nervous

shouting hands on

INSIDE OUT  
CHARACTERS

I need

caution

I need to stop

# Blue Zone

sad

tired



sick

bored

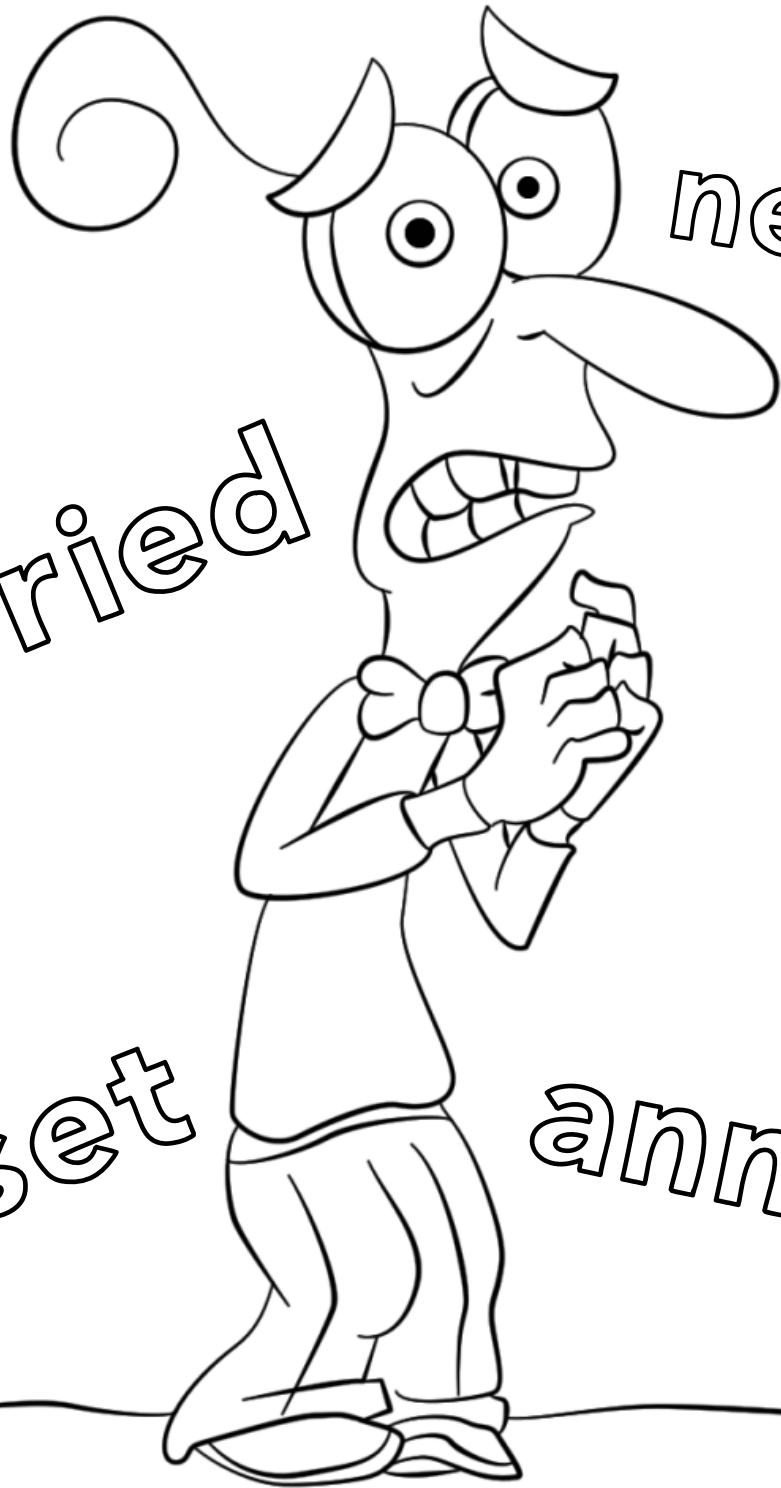
I am running slow

# Green Zone



I am good to go

# Yellow Zone



nervous

worried

upset

annoyed

I need to take caution

# Red Zone



I need to stop