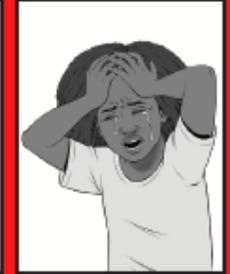
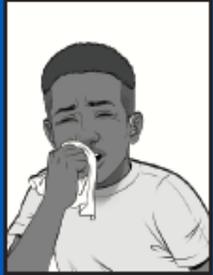


Low

Both the TYPE and STRENGTH of an emotion effects your ENERGY levels

High



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly

GREEN ZONE

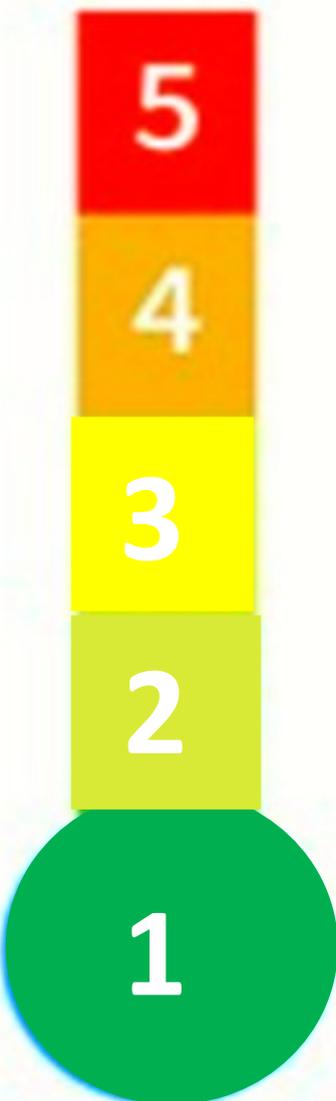
Happy
Calm
Feeling Okay
Focused
Relaxed

YELLOW ZONE

Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some Control

RED ZONE

Mad/Angry
Terrified
Elated/Ecstatic
Devastated
Out of Control



Raging	Overwhelmed	Elated / ecstatic	Repulsive	Devastated
Angry	Worried / Anxious	Overjoyed	Disgusted	Miserable
Annoyed	Nervous	Cheerful	Unpleasant	Disappointed
Frustrated	Unsure	Happy / glad	Dislike	Unhappy
Not bothered	Confident	Content	Not bothered	Content
Proud	Jealous	Shocked	Surprised	Confused

