



Lesson 4: The Zones in Me



Share a time this week when you were in the
Blue Zone.

Share a time this week when you were in the
Green Zone.

Share a time this week when you were in the
Yellow Zone.

Share a time this week when you were in the
RED Zone.



Which **ZONE** Should I Be In?

All of the zone colors are okay. There are times when you should be in different zones. In the classroom, we try to stay in the Green Zone. Think about times when it's expected that you would be in the Yellow, Blue, or even the Red Zone.

Times when it is expected to be in each zone...

You didn't do well on a test.

You experience a natural disaster (large earthquake, tornado, flood, hurricane).

You were told that the plans need to change.

You are participating in the class discussion.

Your pet is missing.

You are playing a competitive game.

You are sitting with your family at the dinner table.

You found out that you won the lottery.

You have been waiting for more than 30 minutes at the doctor's office.

You just woke up in the morning.



You just ran a mile as fast as you could.

You are listening to a teacher give instructions.

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Times to be in the BLUE ZONE...

You are home with
nothing to do.

Your parent tells
you that someone
close to you
passed away.

Times to be in the GREEN ZONE...

You are
participating in the
class discussion.

Times to be in the YELLOW ZONE...

You are playing tag
on the playground
with friends.

Times to be in the RED ZONE...

You found out that
you won the lottery.

You just ran a mile
as fast as you
could.