

Green zone feelings



brave



calm



happy



cheerful



joyful



healthy



jolly

Blue zone feelings



afraid



hurt



ill



tired



nervous



sleepy



worried

Yellow zone feelings



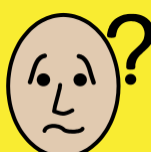
surprised



amazed



excited



confused



Red zone feelings



angry



annoyed



cross



furious



grumpy



terrified

