Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Zones Morning check-in!

Directions:

Each school-day morning, colour in how you’re feeling (just like magnets at school):

**green** (good-to-go), **blue** (sad, lonely, bored, tired, sick), **yellow** (excited, nervous, anxious…), or **red** (out of control, angry…). Remember, the darker the shade, the more into that section you are. Then take a moment to practice this week’s calming strategy, and then talk to someone at home about your zone.

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| --- | --- | --- | --- | --- | --- |
| Week # | Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |
| 8 |  |  |  |  |  |
| 9 |  |  |  |  |  |