





Energy Zone Check in

What can it help with?

Understanding emotions and creating coping strategies.

Draw four coloured circles representing different energy zones or use the template on the next page:

-  Red (Overwhelmed, Angry, Stressed)
-  Yellow (Excited, Anxious, Silly)
-  Blue (Tired, Sad, Unmotivated)
-  Green (Calm, Happy, Focused)

Each day, check in and mark where your energy is.

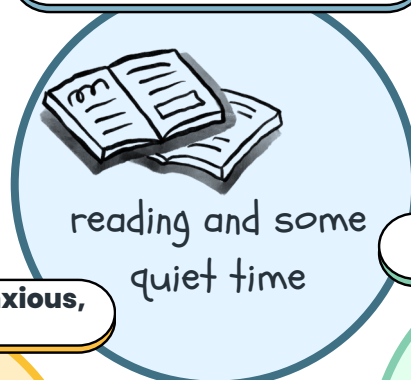
Write down or draw strategies that help in each zone.

- Red Zone? Deep breaths
- Blue Zone? Music or movement
- Yellow Zone? Fidget tools
- Green Zone? Keep doing what works

Red (Overwhelmed, Angry, Stressed)



Blue (Tired, Sad, Unmotivated)



Yellow (Excited, Anxious, Silly)

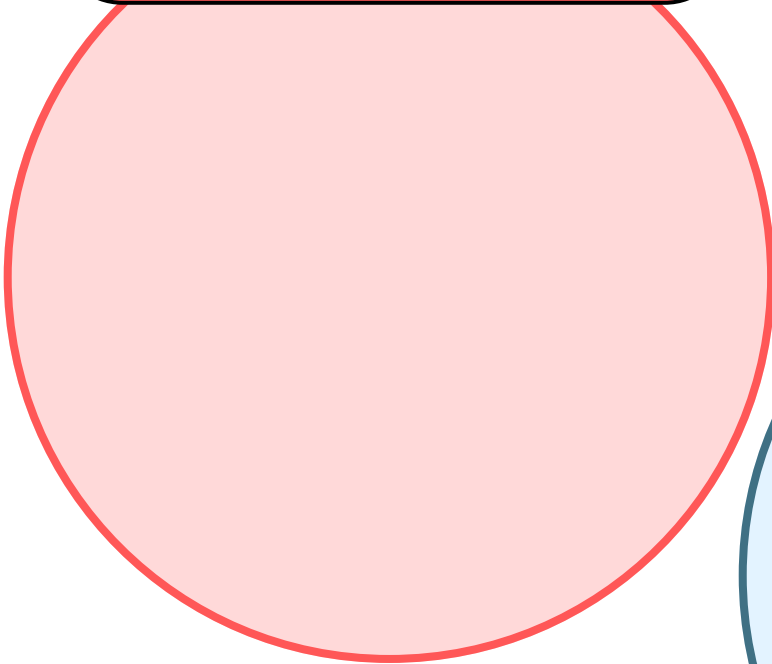


Green (Calm, Happy, Focused)

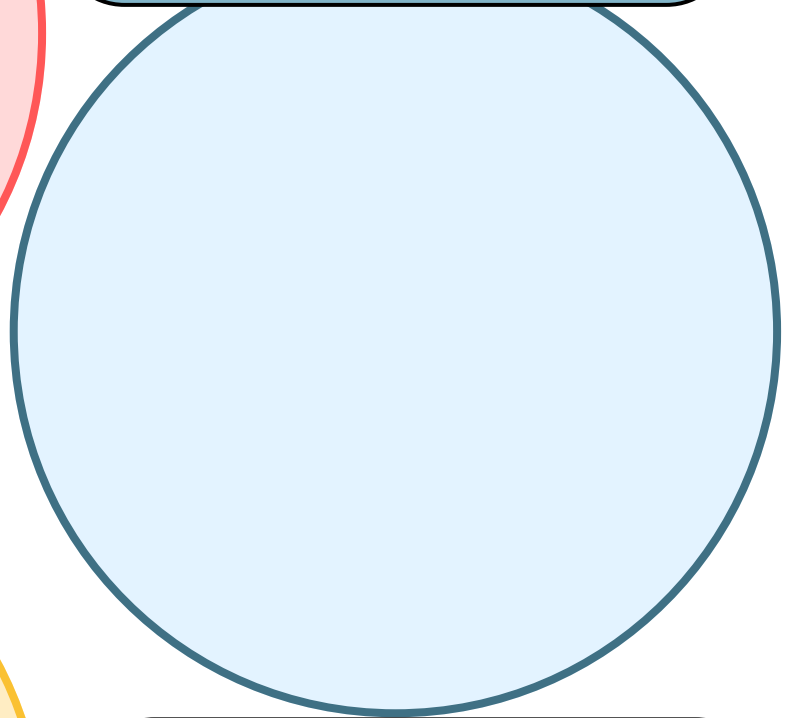


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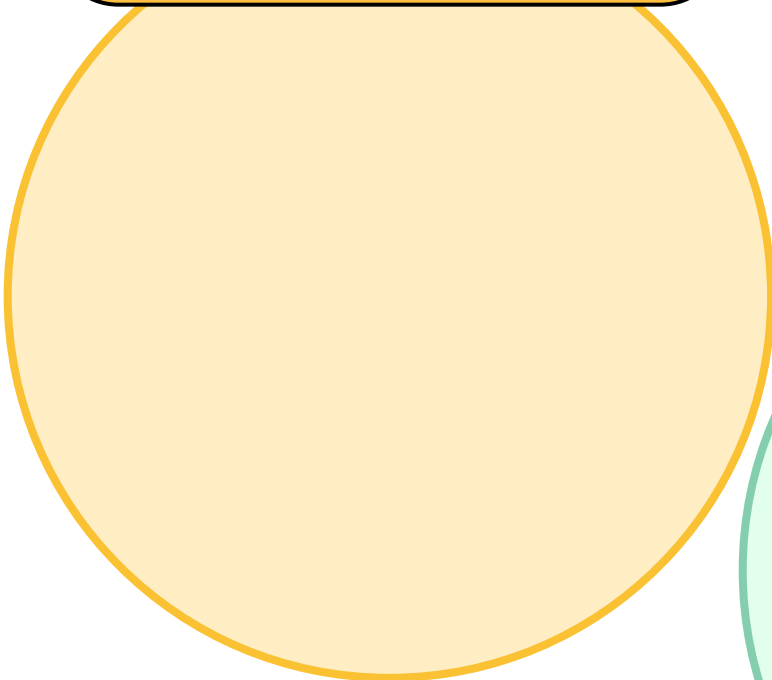
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