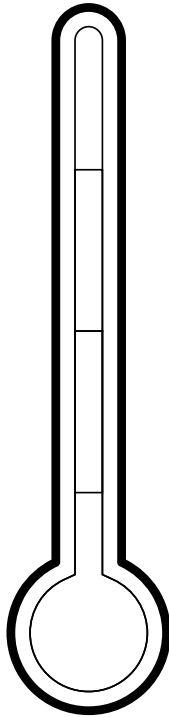


Self-check-ometer

Look at the Self-check-ometer on this page with a parent/guardian. What zone are you in right now? Colour in the Self-check-ometer to show how you feel and read the instructions next to each colour!



RED ZONE - This zone is when we are overwhelmed by Big Feelings (e.g. fear, sadness, or anger). When we are in this Fight, Flight, Freeze zone, we feel very out of control and have trouble making good decisions.

ORANGE ZONE - This zone is when we become very anxious, sad, or angry, and we feel like we are about to lose control.

YELLOW ZONE - This zone is when we feel a bit anxious, sad, or angry, and we feel a small loss of control.

GREEN ZONE - This zone is like a green light - we are good to go. We may feel happy, calm, and focused. Our Wise Owl is working well.

With someone at home, choose a BIG Feeling (like fear, sadness or anger), and give an example of when you might be in the green, yellow, orange or red zone.

GREEN ZONE

YELLOW ZONE

ORANGE ZONE

RED ZONE