



HAPPY
Basil



SHY
Dale



PROUD
Harold



ANGRY
Joe



OUT OF CONTROL
Taft



HYPER
Rusty



SAD
Rob



CONFIDENT
Fred



ANXIOUS
Tony



JEALOUS
Jeff 2



TIRED
Plum



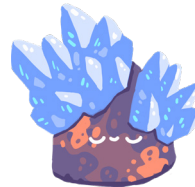
HUNGRY
Summer



LONELY
Alan



DISTRACTED
Samara



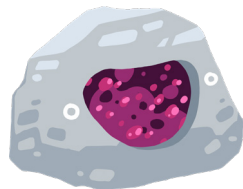
TALKATIVE
Cruz



FUN
Brady



UNCOMFORTABLE
Cooper



ELATED
Diego



FRIENDLY
Andy



CALM
Stalatic



FOCUSED
Aurum



TERRIFIED
Fourthree Legs



BORED
Phillip



AGGRESSIVE
Lexi

BLUE ZONE:

low states of alertness and down feelings. Includes feelings like feels sad, tired, sick, or bored.

GREEN ZONE:

a calm state of alertness. Includes feelings like happy, focused, content, or ready to learn.

YELLOW ZONE:

a heightened state of alertness and elevated emotions, with some control. Includes feelings like stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness.

RED ZONE:

extremely heightened states of alertness and intense emotions. Includes feelings like elation, anger, rage, devastation, or terror.