

COMFORT ZONE

it's a
great place to feel ..



SAFE



HAPPY



SECURE



TRUSTING

especially when it's
getting bigger, wider
and better

LEARNING ZONE

it's alright to feel ..



BUTTERFLIES



NERVOUS



UPSET



EMBARRASSED
and **WORRIED**



EXCITED and
ENERGETIC



STIMULATED

DANGER ZONE

stops learning,
participation and
enjoyment
when you feel ...



ANGRY



AGGRESSIVE



DEFIANT



VIOLENT



MISERABLE