









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

<p>Before a brain break begins my teacher tells me...</p> <p>✓ Bodies are calm and still and voices are off during the brain break.</p> <p>I lay on the floor calm, still, and quiet.</p> <p>This shows my teacher I am in the <i>green zone</i> because I am...</p>	<p>A) Happy</p> <p>B) Following directions</p>
<p>What zone of emotion is: <b>being HAPPY?</b></p>	<p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>
<p>What zone of emotion is: <b>being CALM?</b></p>	<p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>
<p>What zone of emotion is: <b>being FOCUSED?</b></p>	<p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>
<p>What zone of emotion is: <b>being a GOOD LISTENER?</b></p>	<p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>

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<p>Before a brain break begins my teacher tells me...</p> <p>✓ Bodies are calm and still and voices are off during the brain break.</p> <p>I lay on the floor calm, still, and quiet.</p> <p>This shows my teacher I am in the <i>green zone</i> because I am...</p>	<p>A) Happy</p> <p>B) Following directions</p>
<p>What zone of emotion is: <b>being HAPPY?</b></p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>
<p>What zone of emotion is: <b>being CALM?</b></p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>
<p>What zone of emotion is: <b>being FOCUSED?</b></p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>
<p>What zone of emotion is: <b>being a GOOD LISTENER?</b></p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p><b>GREEN ZONE</b> or <b>RED ZONE</b></p>