

Name: _____

What zone of emotion is: being angry?	GREEN ZONE or RED ZONE
What zone of emotion is: being mean?	GREEN ZONE or RED ZONE
What zone of emotion is: being aggressive?	GREEN ZONE or RED ZONE
What zone of emotion is: yelling at someone?	GREEN ZONE or RED ZONE
My sister stole my candy bar! AH! My feelings are so strong but I keep my body safe. I am in the red zone because I am...	A) Aggressive B) Mad

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