TRACK 01 · MORNING CHECK-IN

How are you feeling?

Point to the face that matches you right now. Every zone is okay to be in.

MR. FIRME · ROOM 4

Ready to rock, ready to roll!

BLUE ZONE

Running slow

Low and quiet. Rest, water, a stretch.


Sad


Tired


Sick


Bored

GREEN ZONE

On the beat

Just right. Good time to learn.


Happy


Calm


Ready


Proud

YELLOW ZONE

Speeding up

Wiggly or worried. Take a slow breath.


Worried


Frustrated


Silly


Nervous

RED ZONE

Too loud

Big feelings. Find a grown-up and a quiet spot.


Angry


Upset


Scared


Too much