HOT

UNSAFE

REALLY BIG FEELINGS

RAGE OR FEAR

OUT OF CONTROL

FASTER

 Rate Up

Losing Control

Big Feelings

Stressed

Jumpy

Worried

Upset

Hard to Think

Hard to Be Kind

Fast

Safe

Calm

In Control

Ready to Learn

Growth Mindset

Confident

Cooperative

Creative

Flexible

Go with the Flow

Mindful

Friendly

Caring

Joyful

 Rate Down

Shutting Down

Feeling Awkward

Hard to Think

Quiet

Withdrawn

Tired

Down

Bored

Blah

Slow

Cold

No Feelings

Disconnected

Mind Blank

Stuck

Helpless

Giving Up

Shut Down

Still

Slower

0

5

5

6

6

7

7

8

8

9

9

10

10

* What’s your color?
* What’s your number?
* What will help you “go green?”