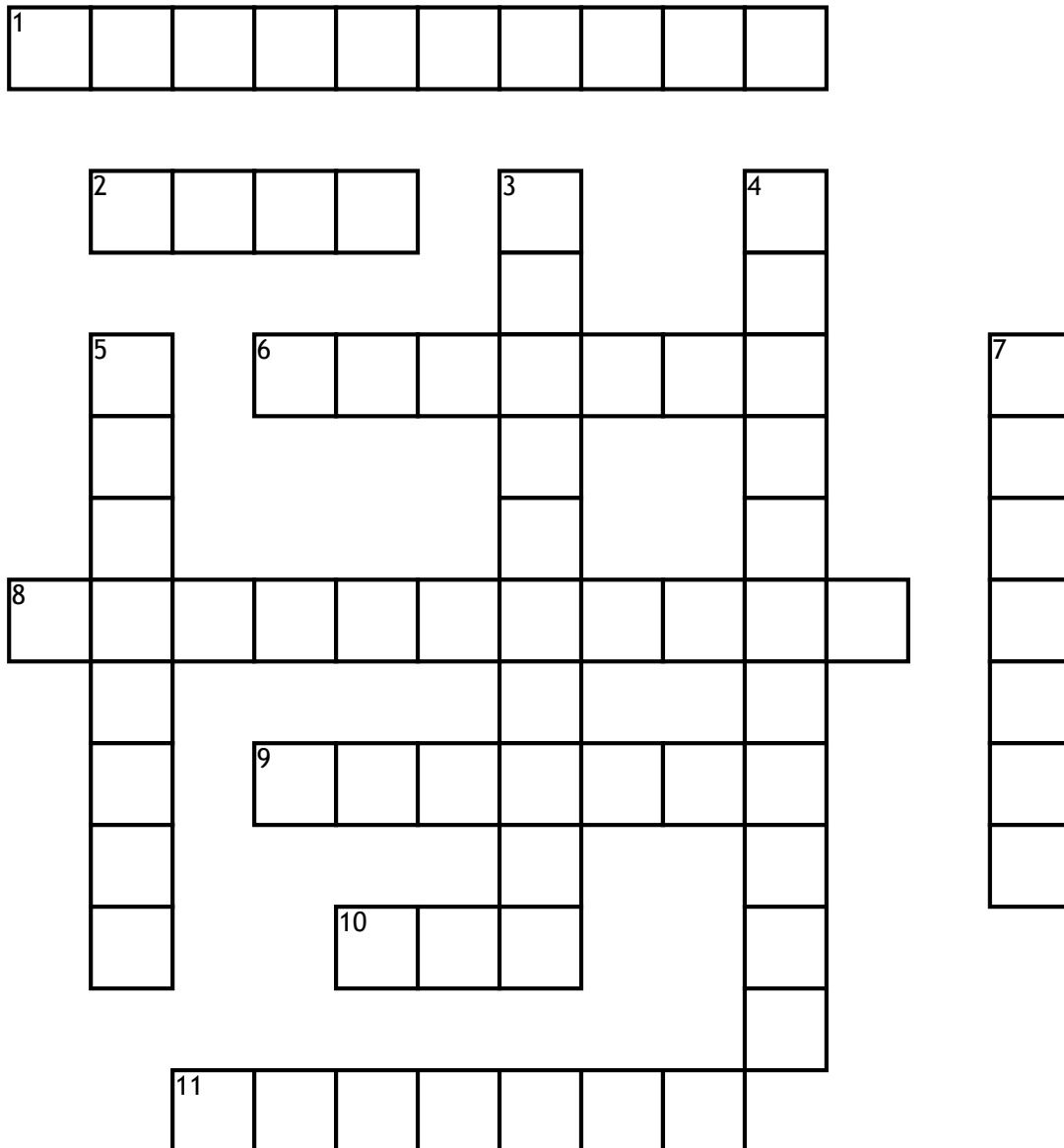


Name: _____

Zones Crossword



Across

1. It's called the zones of _____
2. You are in this zone when you feel tired
6. what did they kids do in the story to stop
8. If you feel yourself leaving the green zone, _____ can help you calm down
9. In the red zone we have lost
10. Elated belongs to this zone

11. The size of my reaction should fit the size of my

Down

3. opposite of
4. A feeling that everything is happening at once (yellow zone)
5. Behaviour that is in the green zone is called _____ behaviour
7. A way to take a bully's power away is to