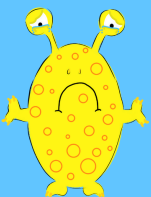


My Monstrous Energy Zones

feeling less alert



sad



bored



tired



shy

in control



happy



focused



proud

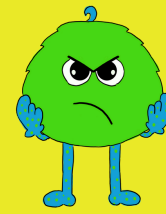


calm

loosing control



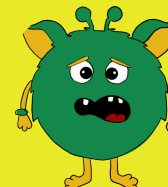
jealous



disappointed



embarrassed



nervous

out of control



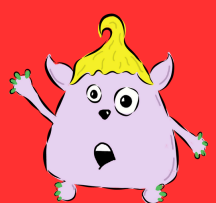
angry



excited



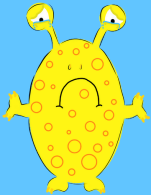
scared



anxious

My Monstrous Energy Zones

feeling less alert



sad



bored



tired



shy

This is where we feel low in energy, our body is moving slowly, we're feeling less alert.

In this zone we feel tired and need to rest and recharge.

in control



happy



focused



proud



calm

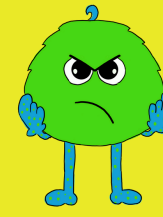
This is where we feel calm, yet alert. Our bodies are feeling safe, we are ready to learn and be focused.

In this zone we feel comfortable and want to be in this zone.

loosing control



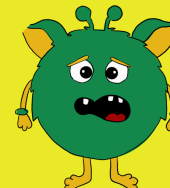
jealous



disappointed



embarrassed



nervous

This is where our energy is getting a little higher, our bodies move about more. We may be feeling silly or experiencing stress.

In this zone we feel wiggly!

out of control



angry



excited



scared



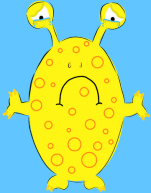
anxious

This is where our energy is extremely high and our feelings are overwhelming. Our bodies could be moving loads (flight mode) or we could be very still (freeze mode)

In this zone we need help!

My Monstrous Energy Zones

feeling less alert



sad



bored



tired



shy

in control



happy



focused



proud



calm

loosing control



jealous



disappointed



embarrassed



nervous

out of control



angry



excited



scared



anxious

What helps me in this zone?

What keeps me in this zone?

What helps me back to green?

Who/What can help me?