





# Emotional Well-Being Check

Which zone are you in today?

 <p><b>Green</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Happy</li><li><input type="checkbox"/> Calm</li><li><input type="checkbox"/> Feeling Good</li><li><input type="checkbox"/> Ready to Learn</li><li><input type="checkbox"/> Focused</li></ul>	 <p><b>Yellow</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Upset</li><li><input type="checkbox"/> Worried</li><li><input type="checkbox"/> Frustrated</li></ul>	 <p><b>Blue</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Sad</li><li><input type="checkbox"/> Sick</li><li><input type="checkbox"/> Tired</li><li><input type="checkbox"/> Lonely</li><li><input type="checkbox"/> Bored</li></ul>	 <p><b>Red</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Mad</li><li><input type="checkbox"/> Mean</li><li><input type="checkbox"/> Scared</li><li><input type="checkbox"/> Unsafe</li></ul>
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