



Name _____

Feeling Zones Sort

Directions: Read each feeling word below. Decide if it belongs in the **Calm Zone** or the **Needs Help Zone**.

happy

frustrated

angry

proud

peaceful

scared

worried

thankful

relaxed

upset

Calm Zone

Feelings that help you think clearly, stay kind, and make good choices.

Needs Help Zone

Feelings that make it hard to stay calm or need extra help to manage.