

Name \_\_\_\_\_

## Feeling Zones Sort Answer Key

**Calm Zone:** happy, peaceful, relaxed, proud, thankful

**Needs Help Zone:** angry, worried, frustrated, scared, upset

### Teacher's Guide

- **Purpose:** Helps students recognize emotional states and determine when self-regulation or support is needed.
- **Differentiation Tips:**
  - Provide emotion picture cards alongside the words for non-readers or emerging readers.
  - Allow students to act out each feeling before sorting to reinforce understanding.
  - Reduce the number of emotions for students who need simplified choices.
- **Engagement Strategies:**
  - Use a "Feelings Meter" on the board where students move emotions into the right zone together.
  - Turn the activity into a movement game (e.g., stand up for "Needs Help Zone," sit for "Calm Zone").
- **Extension Ideas:**
  - Have students draw or color faces showing one emotion from each zone.
  - Create a "Calm Corner" with visuals of Calm Zone strategies like deep breathing or counting to ten.
  - Encourage reflection by asking, "What helps you move from the Needs Help Zone back to the Calm Zone?"