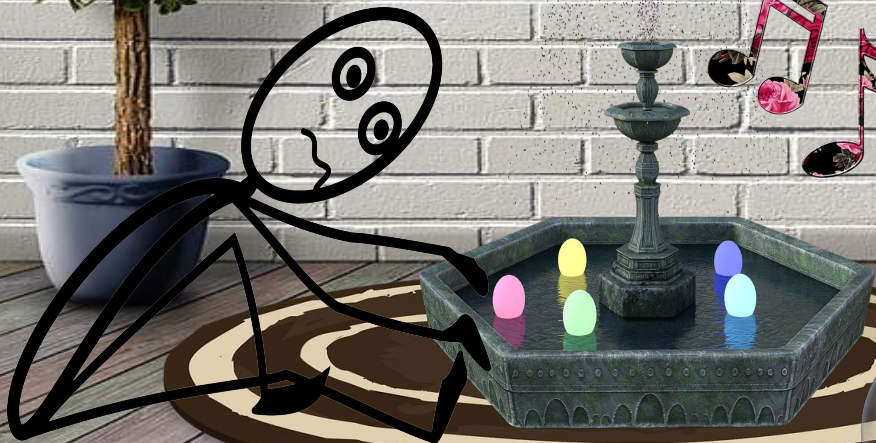
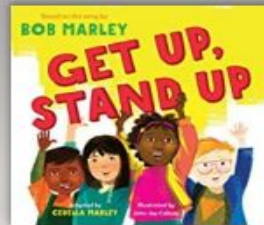
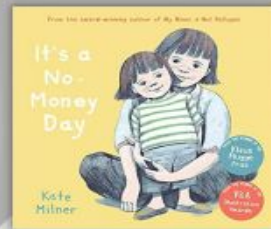
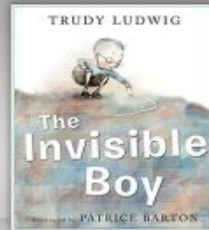
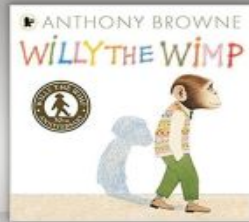
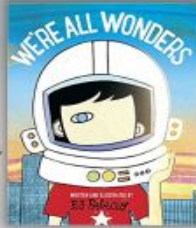
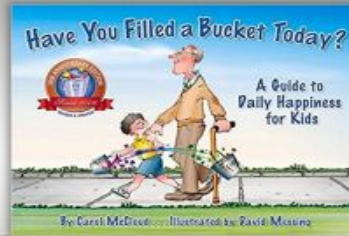
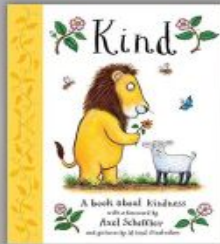


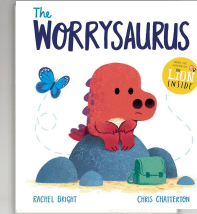
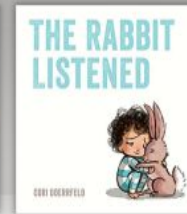
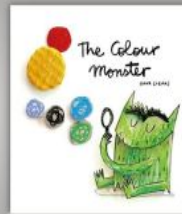
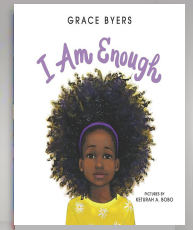
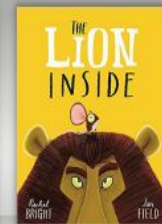
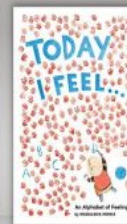
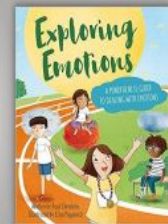
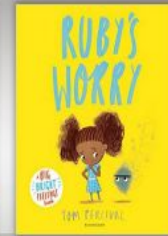
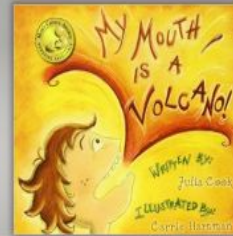
# Holmleigh Primary School Wellbeing Lounge



# Empathy, Kindness and Compassion



# Feelings and Emotions



Some feelings in the  
**BLUE ZONE**



**Bored**



**Hurt**



**Sick**



**Tired**



**Exhausted**



**Sad**

Low levels of energy  
and down feelings

Some feelings in the  
**GREEN ZONE**



**Calm**



**Happy**



**Okay**



**Focused**



**Proud**



**Relaxed**

Calm energy and a  
sense of control

Some feelings in the  
**YELLOW ZONE**



**Frustrated**



**Worried**



**Energetic**



**Silly**



**Excited**



**Annoyed**

Higher energy and  
stronger feelings

Some feelings in the  
**RED ZONE**



**Overjoyed**



**Wild**



**Angry**



**Out of  
Control**



**Terrified**



**Furious**

Extremely high energy  
and strongest feelings