

High School Weekly Wellness Wednesday Questions

1. What zone have you been in this week?
 - a. Blue Zone: Excellent, Hopeful, Energetic, Excited
 - b. Green Zone: Happy, Content, Bored, Busy
 - c. Yellow Zone: Okay, Nervous, Frustrated, Sad, Confused
 - d. Red Zone: Miserable, Angry, Isolated, Hungry, Scared
2. I would like to talk to my counselor about the zone I've been in this week. *

 - a. Yes
 - b. Not this week

3. Is there an adult in the building who you feel safe talking to? *

 - a. Yes
 - b. Not yet