

# What zone are you in?

## Qwiyqwiyt

Sad      estllogllóq      Tired  
necwéyt            'tl.lél  
Sick      k7ep  
Bored      Moving slowly


## Kwalte7úy

Happy      ts7ecw      piyéy  
Calm            OK  
Focused      Relaxed

## Kwalt

Frustrated      Worried  
Silly            wiggly  
Excited      loss of control

## Tsiqw

Mad      geyép  
Angry            Terrified  
nxell      Elated      geyt  
Devastated      Out of control