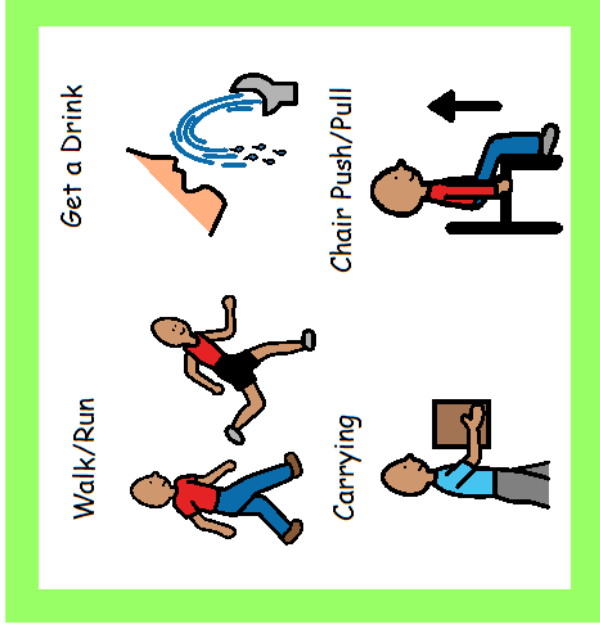


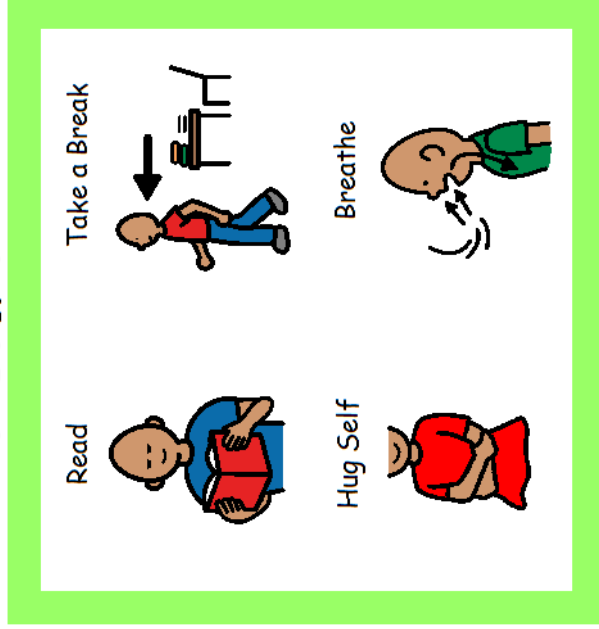
What Zone are you in?

Tools for Self-Regulation

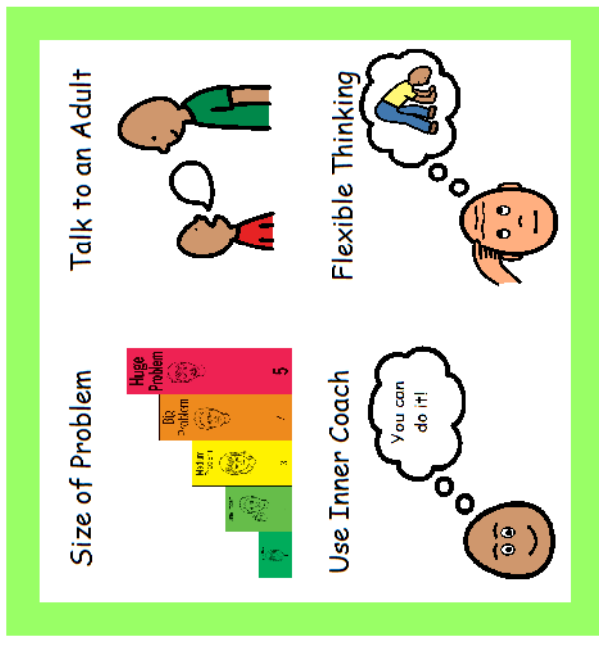
Move



Relax



Think



Relax

Read



Draw



Hug Self



Breathe



Relax

Read



Draw



Hug Self



Breathe



Relax

Read



Draw



Hug Self



Breathe



Relax

Read



Draw



Hug Self



Breathe



Relax

Read



Draw



Hug Self



Breathe



Relax

Read



Draw



Hug Self



Breathe



Think

Size of Problem

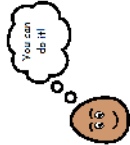


Talk to an Adult



Use

Inner Coach



Flexible Thinking



Think

Size of Problem

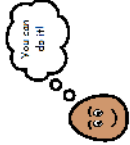


Talk to an Adult



Use

Inner Coach



Flexible Thinking



Think

Size of Problem

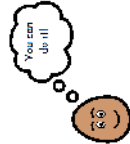


Talk to an Adult



Use

Inner Coach



Flexible Thinking



Think

Size of Problem

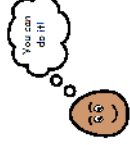


Talk to an Adult



Use

Inner Coach



Flexible Thinking



Think

Size of Problem

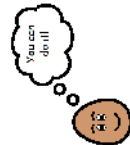


Talk to an Adult



Use

Inner Coach



Flexible Thinking



Think

Size of Problem

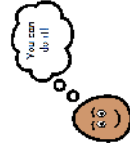


Talk to an Adult



Use

Inner Coach



Flexible Thinking



Move

Walk/Run



Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



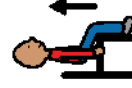
Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



Carrying



Get
a Drink

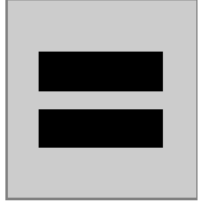


Chair
Push/Pull



Calm Down

pause



hand squeeze

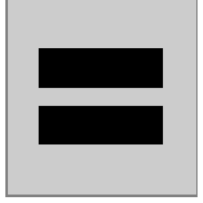


5 belly breaths



Calm Down

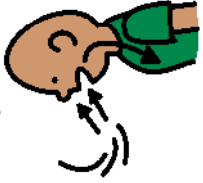
pause



hand squeeze

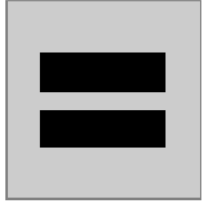


5 belly breaths



Calm Down

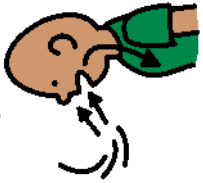
pause



hand squeeze

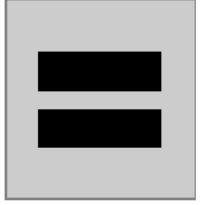


5 belly breaths



Calm Down

pause



hand squeeze

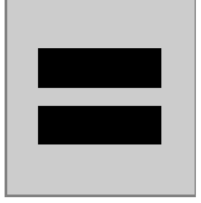


5 belly breaths



Calm Down

pause



hand squeeze

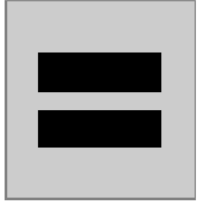


5 belly breaths



Calm Down

pause



hand squeeze



5 belly breaths



Calm Down



pause



close eyes




5 hand
squeezes



5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



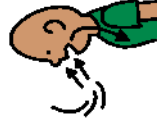
pause



close eyes




5 hand
squeezes



5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



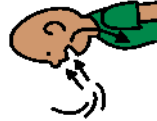
pause



close eyes




5 hand
squeezes



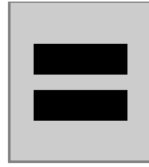
5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



pause



close eyes




5 hand
squeezes



5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



pause



close eyes




5 hand
squeezes



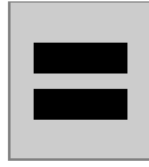
5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



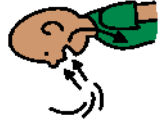
pause



close eyes




5 hand
squeezes

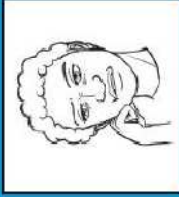
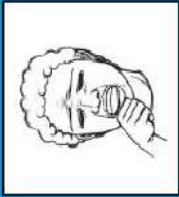
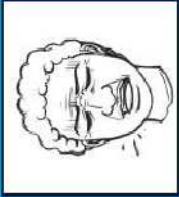
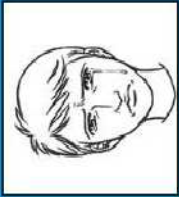


5 belly
breaths



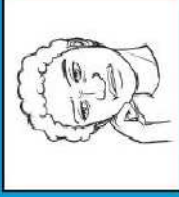
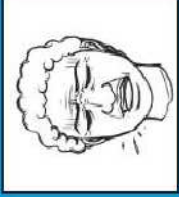
5 hand
squeezes

I'm okay 



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



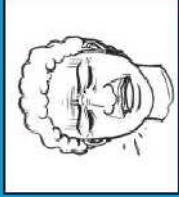
BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



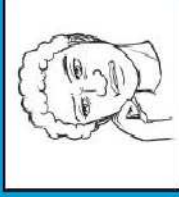
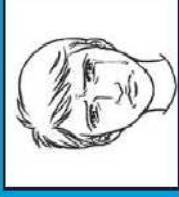
BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



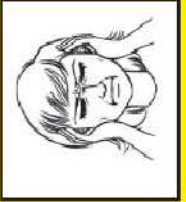
BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



YELLOW ZONE

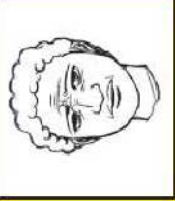
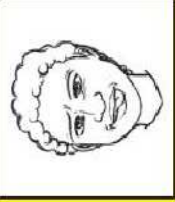
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

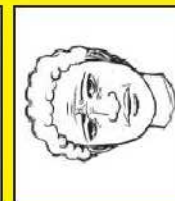
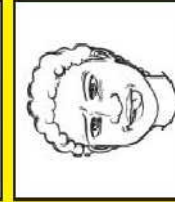
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



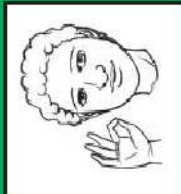
GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn



GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn



GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn



GREEN ZONE

Happy
Calm
Feeling Okay
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Ready to Learn



GREEN ZONE

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Calm
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Ready to Learn



GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn



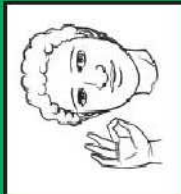
GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn



GREEN ZONE

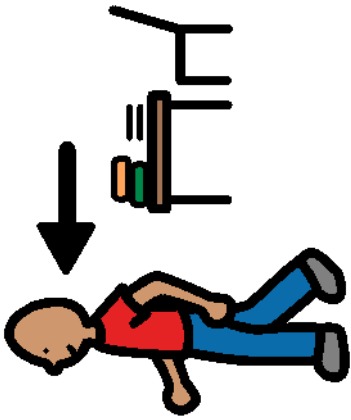
Happy
Calm
Feeling Okay
Focused
Ready to Learn



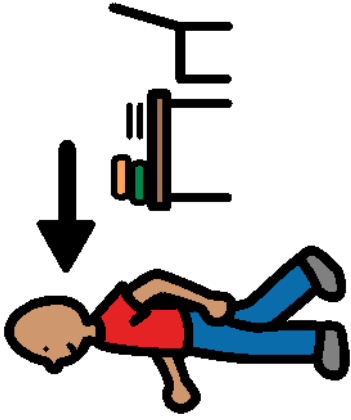
GREEN ZONE

Happy
Calm
Feeling Okay
Focused
Ready to Learn

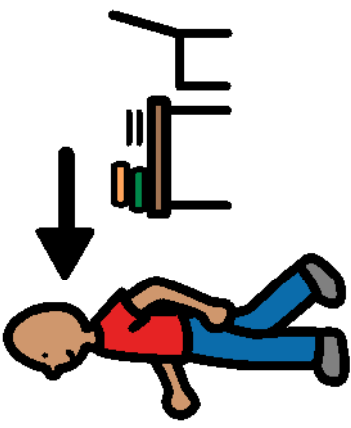
Break



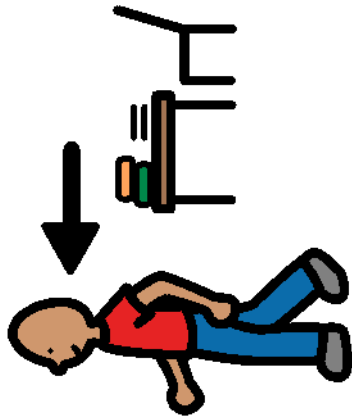
Break



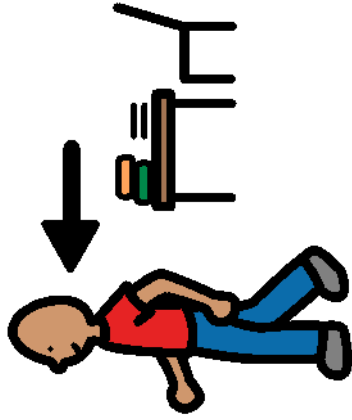
Break



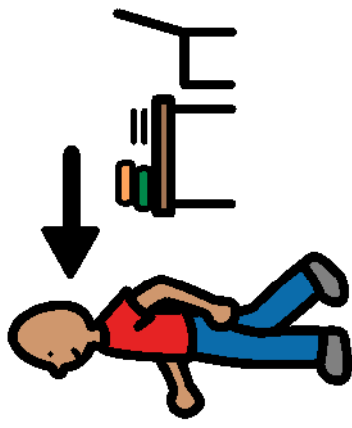
Break



Break



Break



Change



Change



Change



Change



Change



Change

