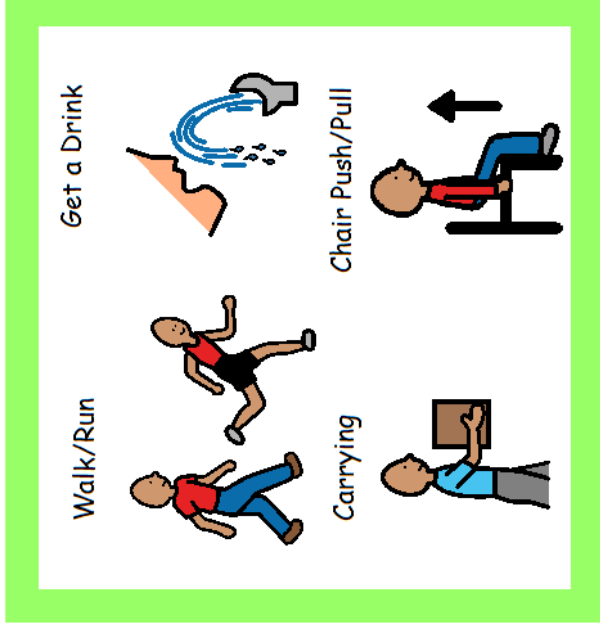


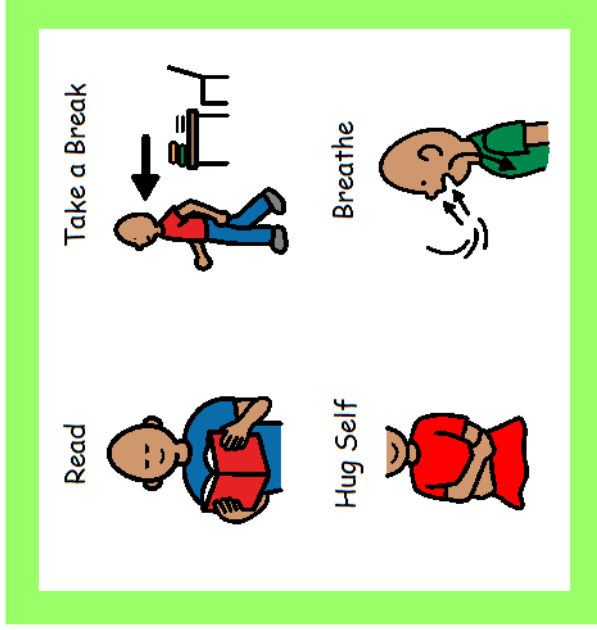
What Zone are you in?

Tools for Self-Regulation

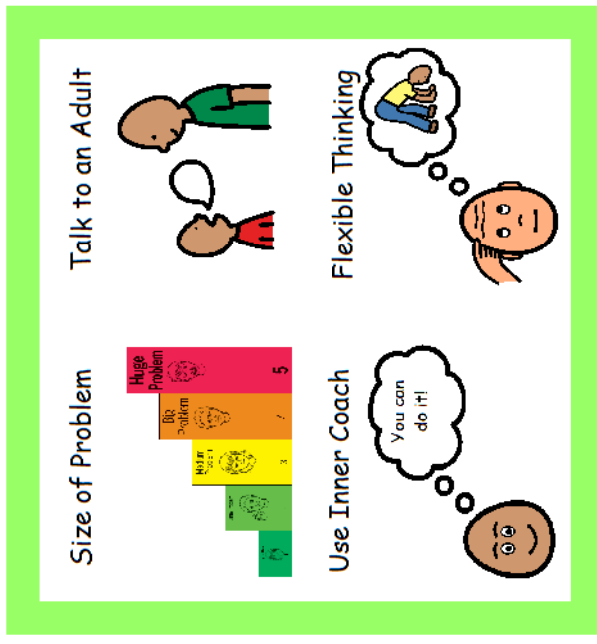
Move



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



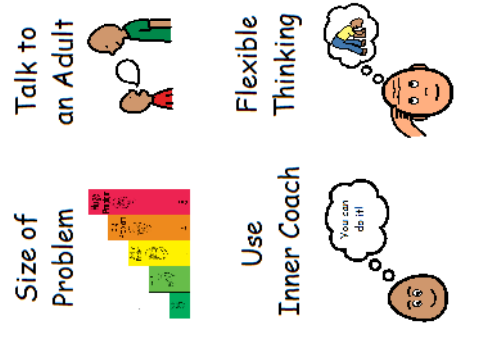
Hug Self



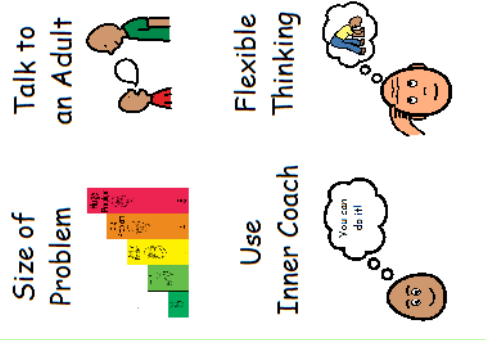
Breathe



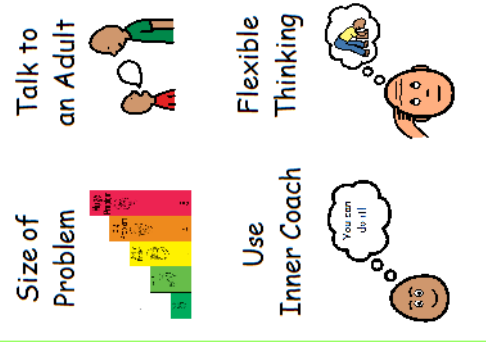
Think



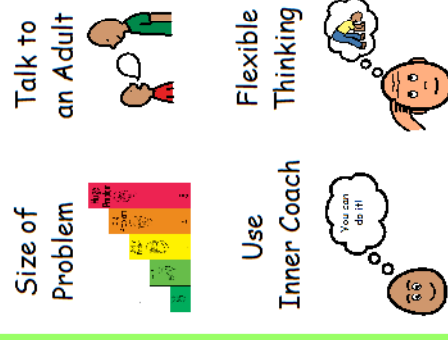
Think



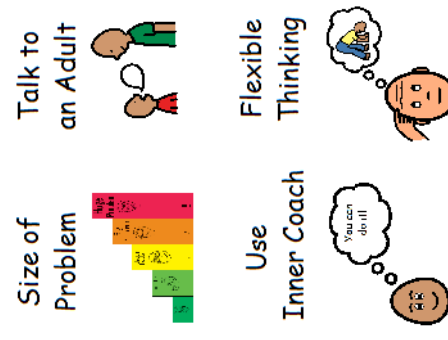
Think



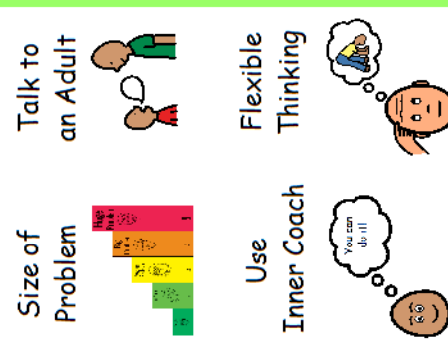
Think



Think



Think



Move

Walk/Run



Carrying



Walk/Run



Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



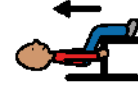
Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



Carrying



Walk/Run



Carrying



Get
a Drink



Chair
Push/Pull



Move

Walk/Run



Carrying



Get
a Drink

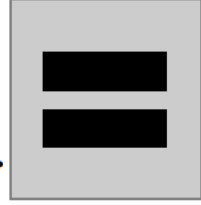


Chair
Push/Pull



Calm Down

pause



hand squeeze

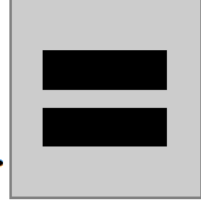


5 belly breaths



Calm Down

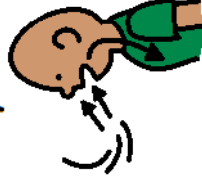
pause



hand squeeze

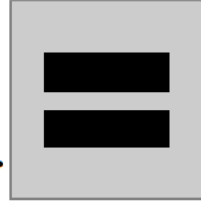


5 belly breaths



Calm Down

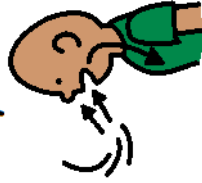
pause



hand squeeze

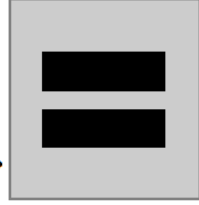


5 belly breaths



Calm Down

pause



hand squeeze

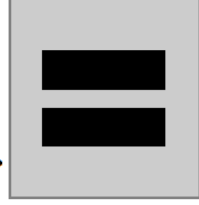


5 belly breaths



Calm Down

pause



hand squeeze

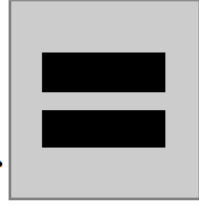


5 belly breaths



Calm Down

pause



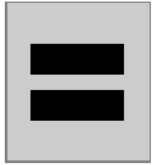
hand squeeze



5 belly breaths



Calm Down



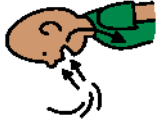
pause



close eyes



5 hand
squeezes



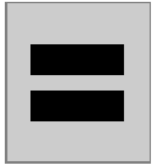
5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



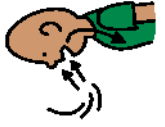
pause



close eyes



5 hand
squeezes



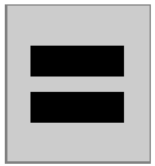
5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



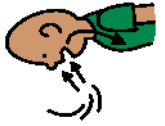
pause



close eyes



5 hand
squeezes



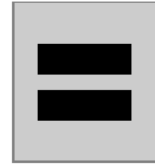
5 belly
breaths



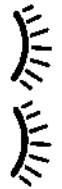
5 hand
squeezes

I'm okay 

Calm Down



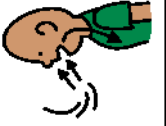
pause



close eyes



5 hand
squeezes



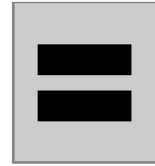
5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



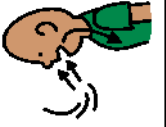
pause



close eyes



5 hand
squeezes



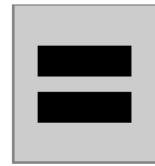
5 belly
breaths



5 hand
squeezes

I'm okay 

Calm Down



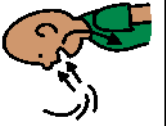
pause



close eyes



5 hand
squeezes

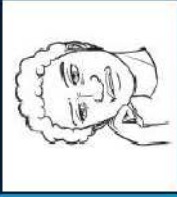
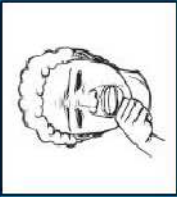
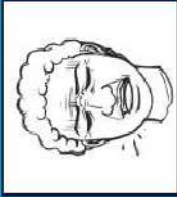
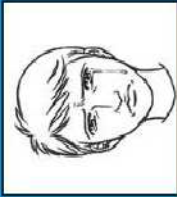


5 belly
breaths



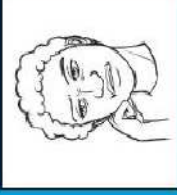
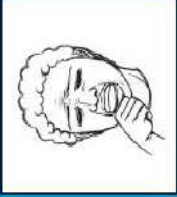
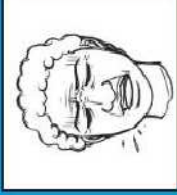
5 hand
squeezes

I'm okay 



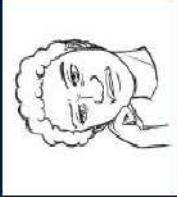
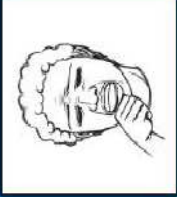
BLUE ZONE

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



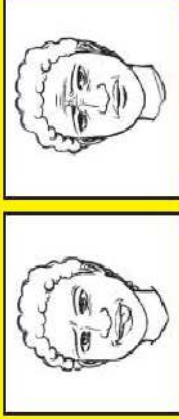
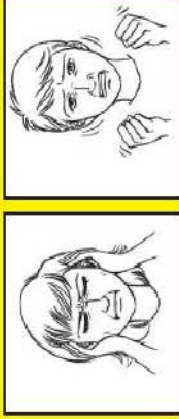
BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



BLUE ZONE

Sad
Sick
Tired
Bored
Moving Slowly



YELLOW ZONE

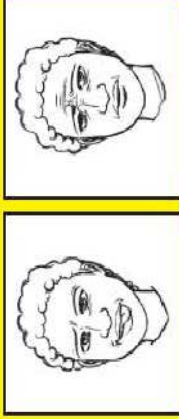
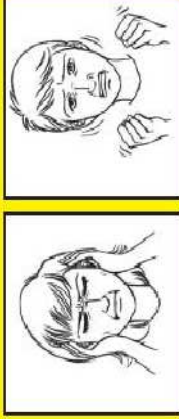
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

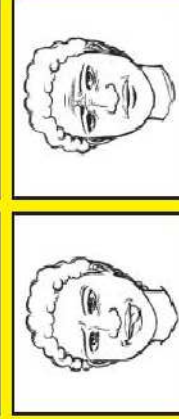
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

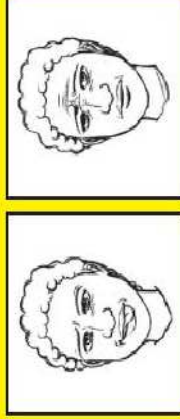
Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



YELLOW ZONE

Frustrated

Worried

Silly/Wiggly

Excited

Loss of Some Control



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



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



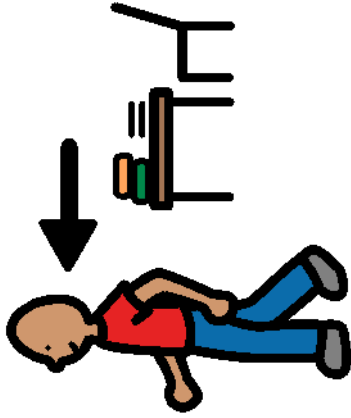
GREEN ZONE

Happy
Calm

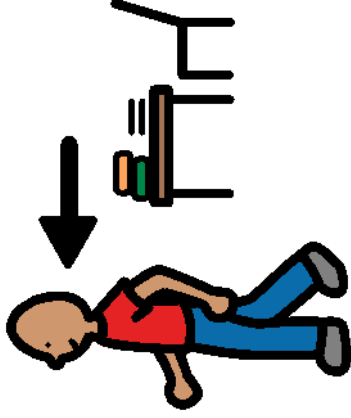
Feeling Okay
Focused

Ready to Learn

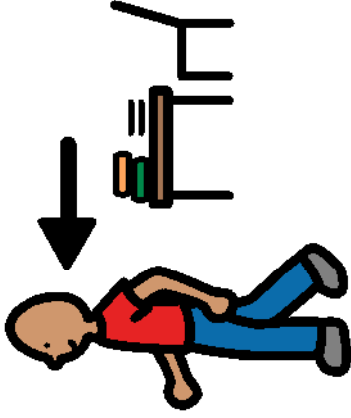
Break



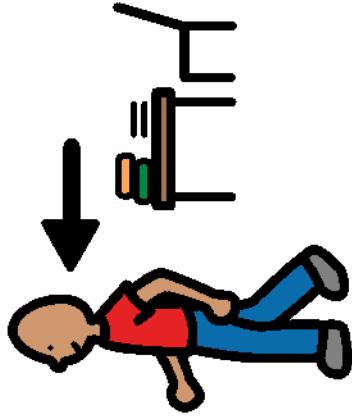
Break



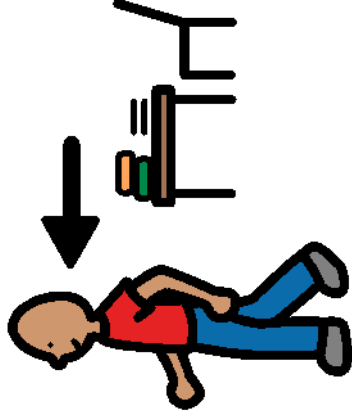
Break



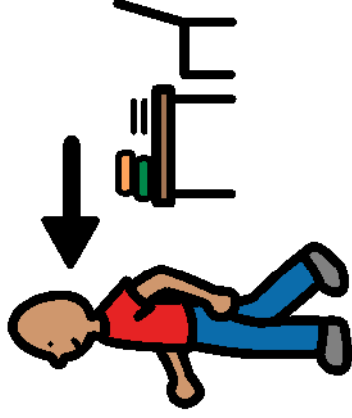
Break



Break



Break



Change



Change



Change



Change



Change



Change

