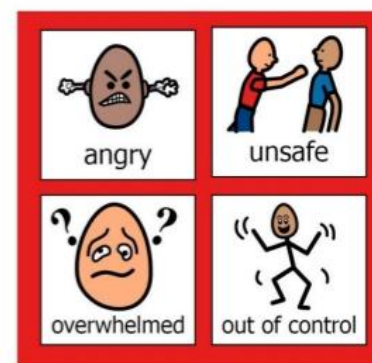
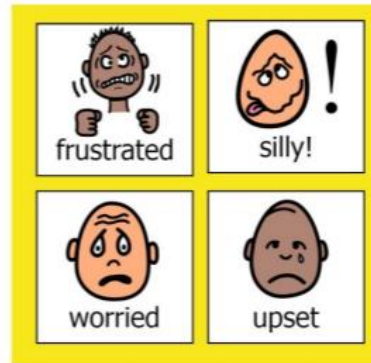
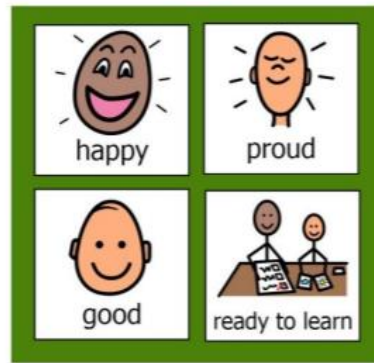
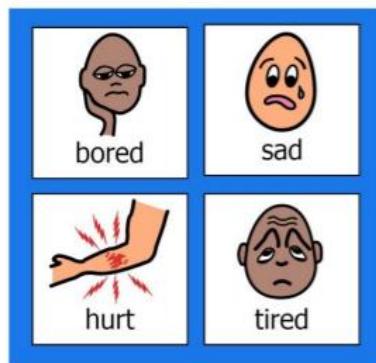


SLOW

GO

CAUTION

STOP



Blue Zone
Sad
Sick / Hurt
Tired
Bored
Moving Slow

Green Zone
Happy
Calm
Feeling Ok
Focused
Ready to Learn

Yellow Zone
Scared / Worried
Frustrated
Silly/Wiggly
Excited
Loss of Some Control

Red Zone
Angry/Mad
Terrified
Elated
Out of Control

- Get a drink of water
- Walk at the back of the room
- Desk Push-ups
- Go for a run
- Rub rough side of Velcro under desk
- Do heavy work

- Watch teacher
- Ask questions
- Get a drink of water
- Take notes
- Sit up straight
- Look at speaker

- Squish stress ball
- Six sides of breathing
- Hold something soft/silky
- Rub soft side of Velcro under desk
- Look at speaker
- Ask questions
- Get a drink of water
- Ask for a break

- Squish stress ball
- Six sides of breathing
- Take a walk
- Go for a run
- Talk to someone
- Focus on something else
- Listen to music
- Ask for a break