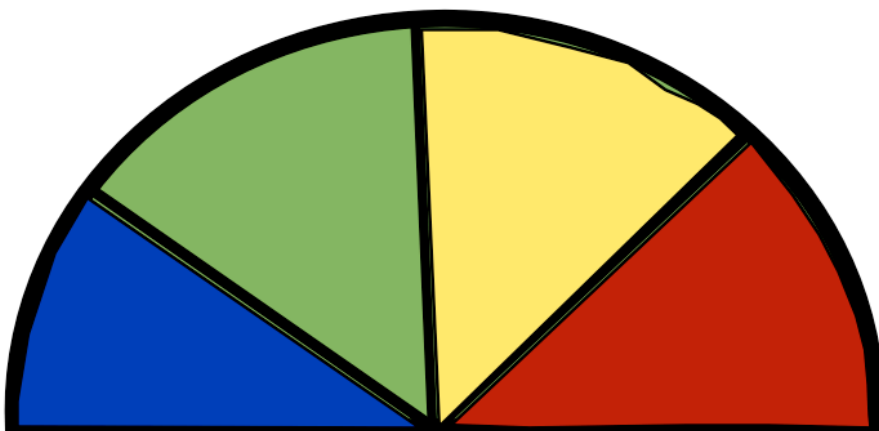
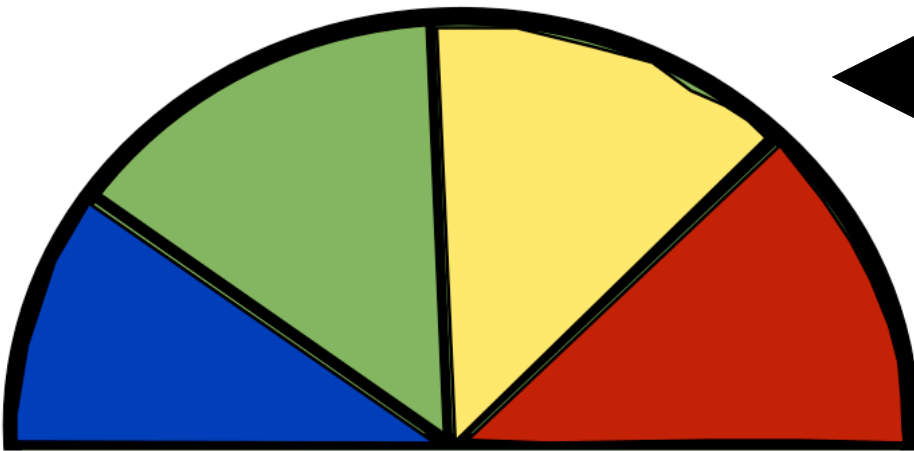
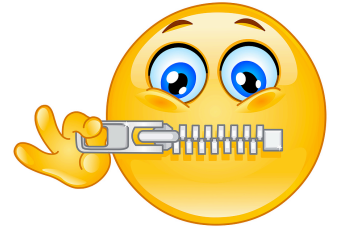


**Self Regulation
Gauge**



Blue Zone

LOW/SLOW, tired, sad, quiet, shy, sick, lethargic, bored, exhausted, depressed, hurt



Green Zone

CALM/ALERT, focused, proud, interested, attentive, appreciated, thankful, happy,



Yellow Zone

ESCALATED BUT IN CONTROL, excited, nervous, frustrated, jealous, fidgety, distracted, frazzled, silly, worried, scared, jealous, annoyed, upset, overwhelmed, confused,



Red Zone

OUT OF CONTROL, angry, mad, terrified, aggressive, aggressive, elated

