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| --- | --- | --- | --- |
| Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control |
| Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 |

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| Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control |
| Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 |

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| Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control | Red zone  Mad/angry  Terrified  Yelling/hitting  Elated  Out of control |
| Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 | Walk  Push/pull wall  Fidget toy  Drink  Chewy sweet  Breathing 4 |

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| Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control |
| Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 |

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| Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control |
| Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 |

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| Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control | Yellow zone  Frustrated  Worried  Silly/wiggly  Overwhelmed  Nervous  upset  Excited  Losing control |
| Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 | Take a break  Talk to someone  Walk  Fidget toy  Breathing 8 |

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| 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 |
| Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks |

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| --- | --- | --- | --- |
| 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 |
| Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks |

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| --- | --- | --- | --- |
| 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 |
| Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks | Drinking water  walking  Fresh air  Jumping jacks |

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| --- | --- | --- | --- |
| Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn |
| Be proud of yourself | Be proud of yourself | Be proud of yourself | Be proud of yourself |

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| --- | --- | --- | --- |
| Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn |
| Be proud of yourself | Be proud of yourself | Be proud of yourself | Be proud of yourself |

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| --- | --- | --- | --- |
| Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn | Green zone  Happy  Calm  Feeling ok  Focused  Ready to learn |
| Be proud of yourself | Be proud of yourself | Be proud of yourself | Be proud of yourself |