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| Red zoneMad/angryTerrifiedYelling/hittingElatedOut of control | Red zoneMad/angryTerrifiedYelling/hittingElatedOut of control | Red zoneMad/angryTerrifiedYelling/hittingElatedOut of control | Red zoneMad/angryTerrifiedYelling/hittingElatedOut of control |
| WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 |

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| WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 |

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| WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 | WalkPush/pull wallFidget toyDrinkChewy sweetBreathing 4 |

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| Yellow zoneFrustratedWorriedSilly/wigglyOverwhelmedNervousupsetExcitedLosing control | Yellow zoneFrustratedWorriedSilly/wigglyOverwhelmedNervousupsetExcitedLosing control | Yellow zoneFrustratedWorriedSilly/wigglyOverwhelmedNervousupsetExcitedLosing control | Yellow zoneFrustratedWorriedSilly/wigglyOverwhelmedNervousupsetExcitedLosing control |
| Take a breakTalk to someoneWalkFidget toyBreathing 8  | Take a breakTalk to someoneWalkFidget toyBreathing 8  | Take a breakTalk to someoneWalkFidget toyBreathing 8  | Take a breakTalk to someoneWalkFidget toyBreathing 8  |

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| Take a breakTalk to someoneWalkFidget toyBreathing 8  | Take a breakTalk to someoneWalkFidget toyBreathing 8 | Take a breakTalk to someoneWalkFidget toyBreathing 8  | Take a breakTalk to someoneWalkFidget toyBreathing 8  |

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| Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly |
| Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks |

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| Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly |
| Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks |

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| Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly | Blue zoneSadSickTiredBoredMoving slowly |
| Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks | Drinking waterwalkingFresh airJumping jacks |

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| Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn |
| Be proud of yourself  | Be proud of yourself  | Be proud of yourself  | Be proud of yourself  |

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| Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn |
| Be proud of yourself  | Be proud of yourself  | Be proud of yourself  | Be proud of yourself  |

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| Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn | Green zoneHappyCalmFeeling okFocusedReady to learn |
| Be proud of yourself  | Be proud of yourself  | Be proud of yourself  | Be proud of yourself  |