

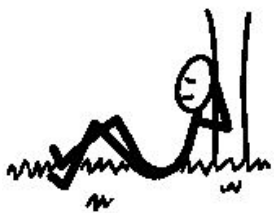





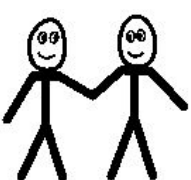

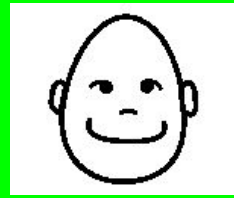









Zones (of Regulation)

revised 3/21/16

<p>Hyper Red Zone Engine Running High</p>	<p>Exploding Yelling Out of Control Boiling</p>  <p>Angry Frustrated</p>	<p>Finger breathing</p>  <p>Go to the quiet spot</p> 
<p>Yellow Zone Caution Zone</p>	 <p>Upset/ Bothered</p>  <p>Worried</p>	<p>Finger breathing</p>  <p>Go to the quiet spot</p>  <p>Hug yourself</p> 
<p>Green Zone Ready to work</p>  <p>Ready to Play</p> 	<p>Body Ready</p>  <p>Happy</p>  <p>Calm Relaxed</p>	<p>Kids want to be near you</p>  <p>Your teachers feel proud of you</p> 
<p>Blue Zone Slow</p>	 <p>Tired Sleepy</p>  <p>Sick Sad Blah</p>	<p>Eat a snack</p>  <p>Go to the quiet spot</p>  <p>Lie down</p> 