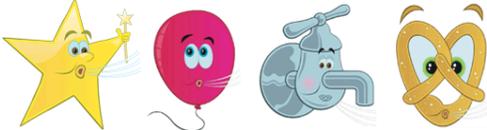


Body	Zone	Student Strategies	Teacher Strategies
fast engine	Mad/Angry Mean Terrified Yelling/Hitting Out of Control	I will immediately ask a teacher to cool down in a different space or take a walk.	<ul style="list-style-type: none"> • Safe Spot
revving engine	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	1. I will use my self-talk strategies: <ul style="list-style-type: none"> • "It's no biggie." • "Problems are made to be solved." 2. I will go to the safe spot. 3. In the safe spot, I can: <ul style="list-style-type: none"> • Take deep breaths • Count to 10 • Look at calming books 4. I will stay in the safe spot until I am calm and then I can return to the activity by myself.	<ul style="list-style-type: none"> • Breathing Techniques • Break (time depends on student situation) • Steam Roller (in Room 21) • Rolling Pin • Hand Massage 
calm engine	Cool Calm Relaxed	I KNOW I AM DOING A GOOD JOB! <ul style="list-style-type: none"> • I am doing my work. • I am using whole body listening with my teachers and classmates. • I am using a quiet voice. • I am cooperating with peers. I am using expected school behaviors.	<ul style="list-style-type: none"> • Verbal or Written Praise • Rewards
slow engine engine off	Sad Sleepy Tired Sick Bored	1. Ask to go to the bathroom 2. Ask to get a drink of water from the bubbler. 3. Do brain exercises.	<ul style="list-style-type: none"> • Brain Break Jar • Jumping Jacks • Bike Ride • Trampoline

**My body is out of control.
My body is out of the group.**

I'm a little too wiggly.

Excited

Wide awake

Normal, Calm, OK

I'm tired.

My body is bothering me.

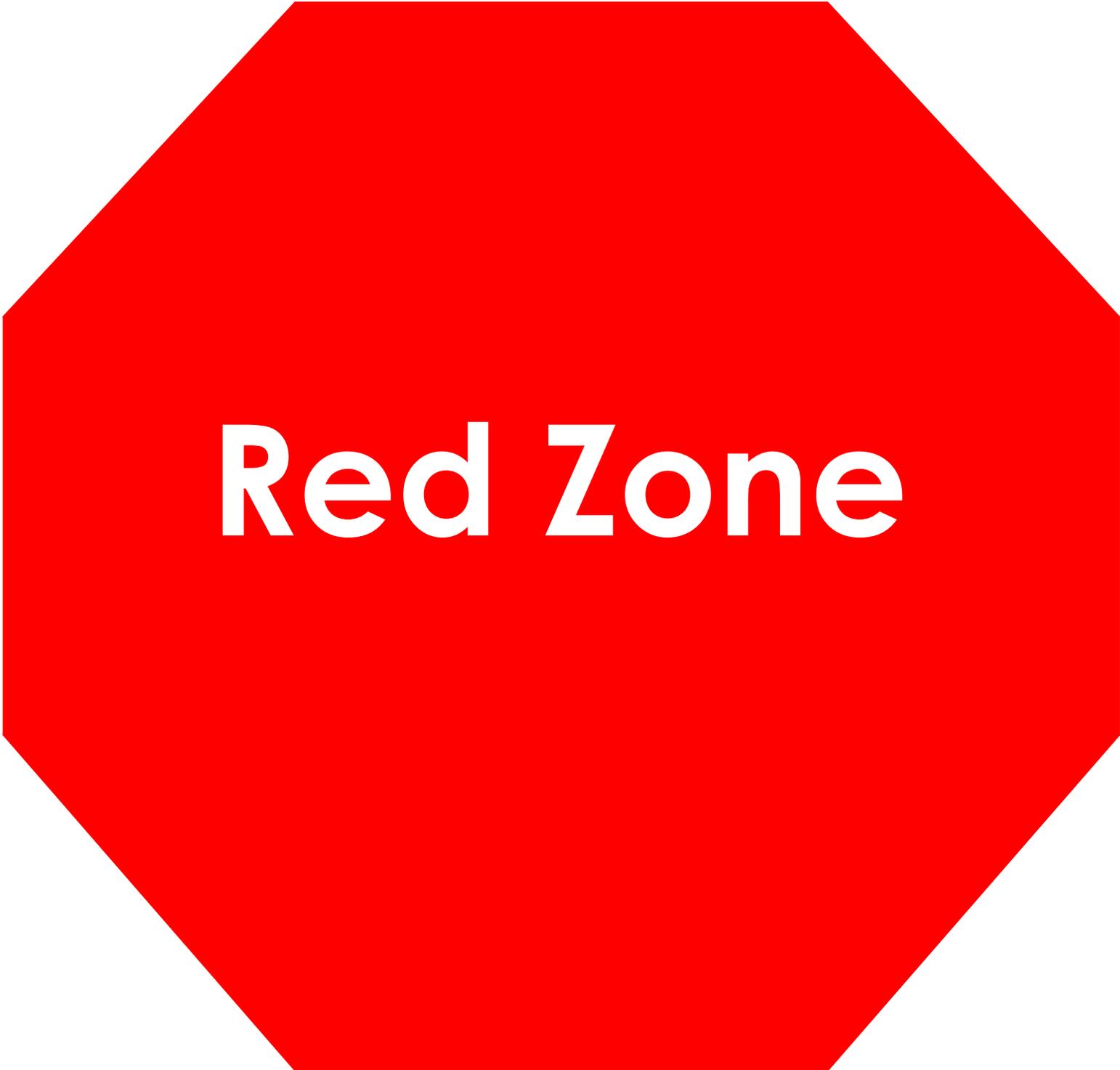
**I'm working hard to keep my
brain in the group.**

Brain Sludge

My brain is out of the group.



Yellow Zone

A large red octagonal sign with the text "Red Zone" in white, bold, sans-serif font centered on it.

Red Zone



Green Zone

Blue Zone

Fast Engine

Out of Control



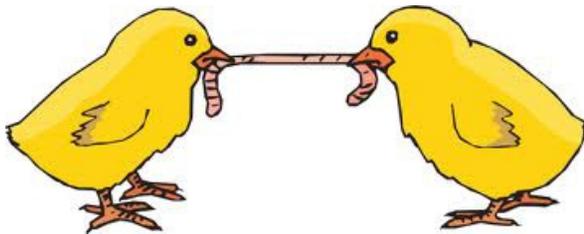
Yelling



Scared



Fighting with Someone



Jumping into Water



Nervous



Terrified



Angry



Out of Control



Slow Engine

Being Sick



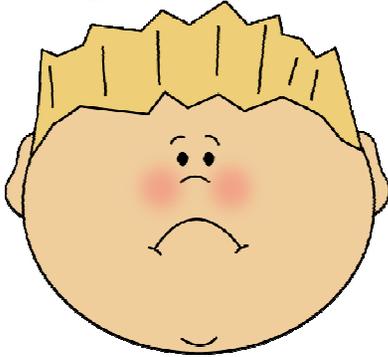
Writing Notes



Waking Up in the Morning



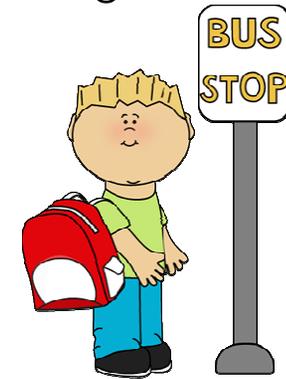
Being Disappointed



Reading a Newspaper



Waiting for the Bus



Being a Couch Potato



Staring into Space



Feeling Sluggish



Calm Engine

Paddling a Canoe



Reading a Book



Eating Breakfast



Riding a Bike



Petting a Dog



Writing a Letter



Planting a Flower



Hugging a Teddy Bear



Playing Basketball



Revving Engine

Taking a Test



Dancing



Cheering on a Team



Hyper



Running a Race



Being Silly



Worried



Doing Hard Homework

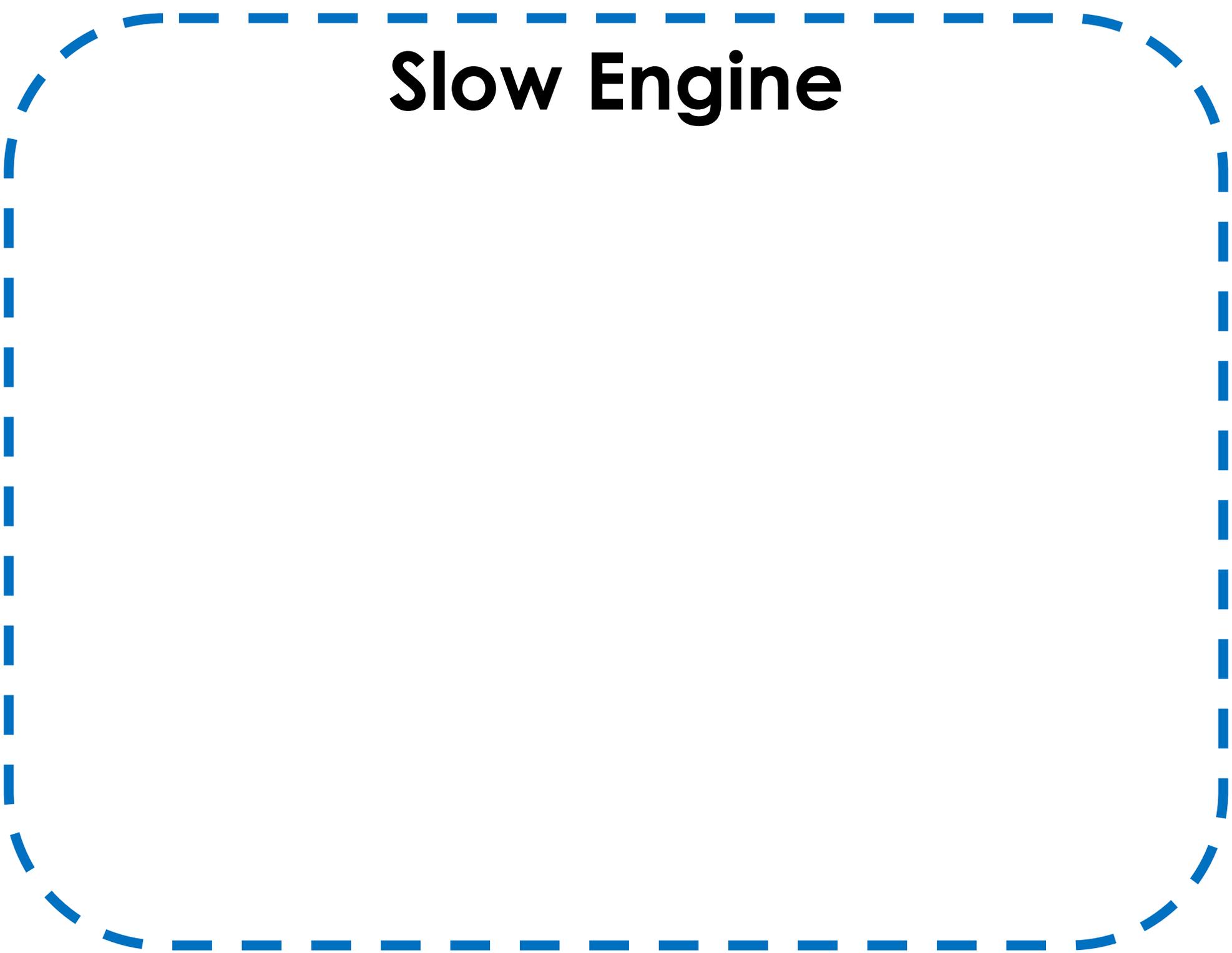


Running Away

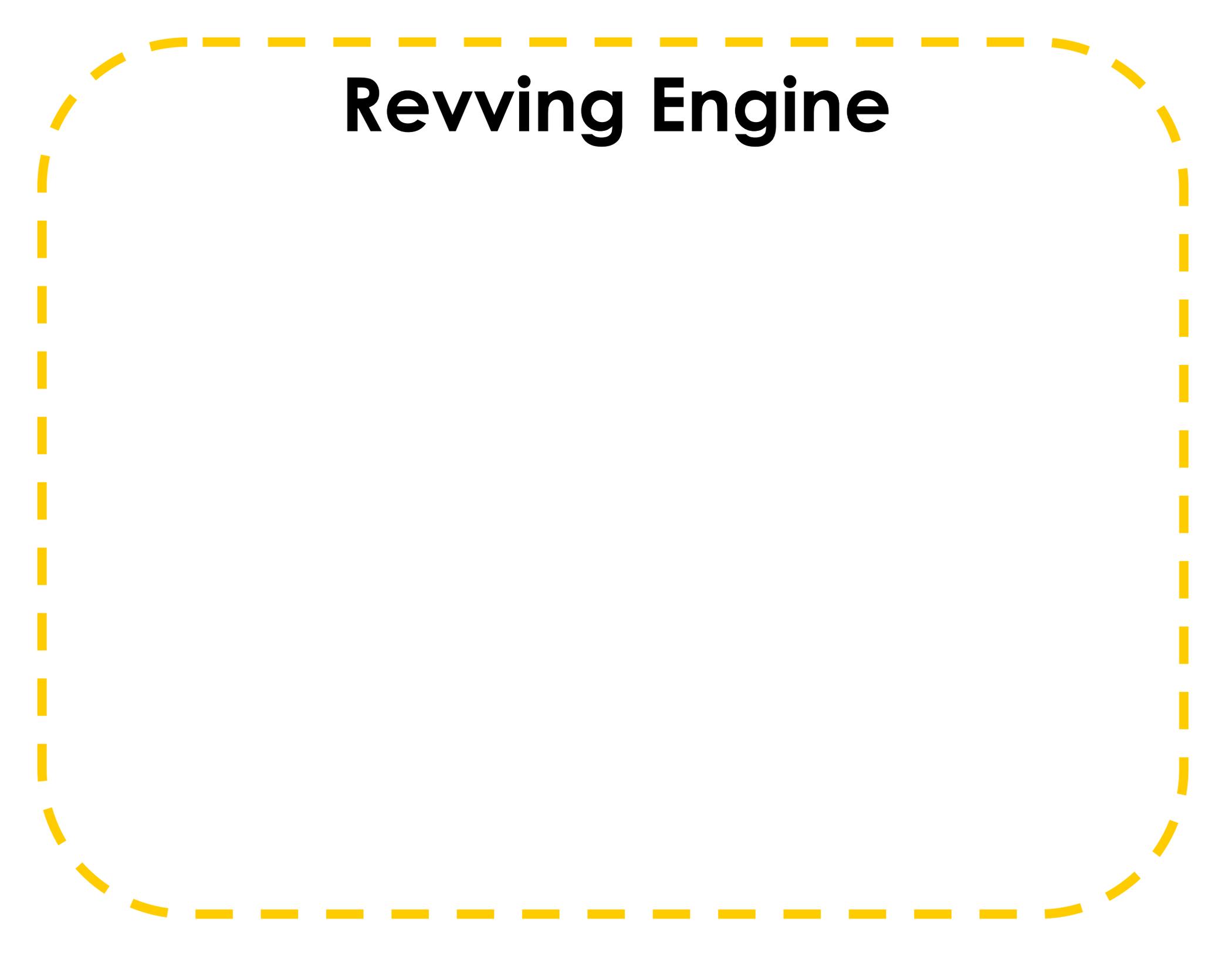


Calm Engine

Fast Engine



Slow Engine



Revvng Engine



All Images from www.google.com/images









**How is your
engine
running?**



**How is your
engine running?**