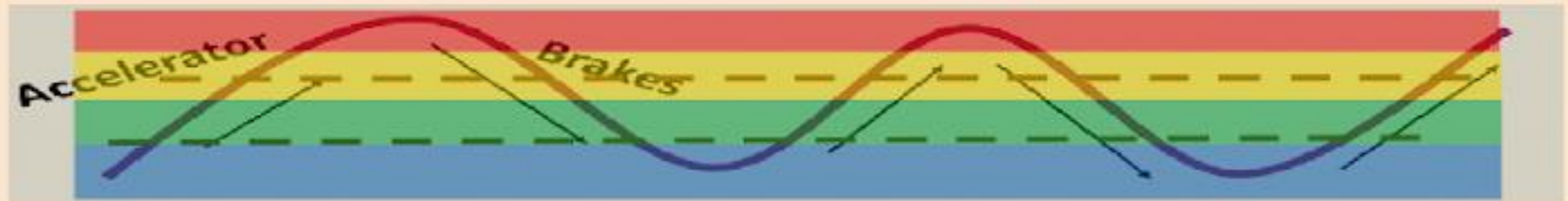


What zone am I In?



Zone 1

Zone 2

Zone 3

Zone 4

The sweet spot!



Low energy	Calm	Extra silly	Tantrums
Head hanging down	Cooperative	Frustrated/nervous/worried	yelling
Unable to learn	Able to learn	Unable to learn	Unable to learn
Quiet and muffled voice	Using kind words	Beginning to feel out of control	Opposition and defiance
Limp body / head on desk	In control of energy levels	Energy level starting to escalate and hard to keep still	Physical aggression and destruction of property
Zone to use bringing up skills	Zone to use formal teaching skills and restorative work.	Zone to use calm down skills	Zone to use de-escalation skills