

## Too High = can't focus, out of control



*I can:*

1. Take 5 deep breaths
2. Ask to go to a safe place to calm down
3. Do 10 hand presses or self hugs

## Just Right = calm & alert, ready to learn



*To stay just right I can:*

1. Do 10 hand presses or pulls before I do a new activity
2. \_\_\_\_\_
3. \_\_\_\_\_

## Too Low = low energy, too tired, bored



*I can:*

1. Get a drink of water
2. Do 10 hand presses or pulls
3. \_\_\_\_\_