


















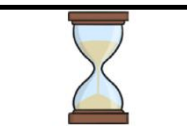




What Zone are you in?

Blue 	Green 	Yellow 	Red 
<div data-bbox="214 248 369 411">  <p>upset</p> </div> <div data-bbox="401 258 556 411">  </div> <div data-bbox="295 434 481 565">  </div> <p data-bbox="316 629 455 839"> Sad Shy Tired Unwell </p>	<div data-bbox="639 248 780 411">  <p>happy</p> </div> <div data-bbox="819 258 966 411">  </div> <div data-bbox="710 434 911 565">  </div> <p data-bbox="668 629 954 839"> Happy Calm Ready to learn OK </p>	<div data-bbox="1035 248 1178 411">  <p>worried</p> </div> <div data-bbox="1213 258 1373 411">  </div> <div data-bbox="1122 434 1290 575">  </div> <p data-bbox="1045 629 1360 839"> Worried/Scared Annoyed Grumpy Silly </p>	<div data-bbox="1437 248 1578 411">  <p>angry</p> </div> <div data-bbox="1624 258 1773 411">  </div> <div data-bbox="1522 434 1686 594">  </div> <p data-bbox="1450 629 1738 839"> Angry Mean Aggressive Out of Control </p>

My Toolkit

 <p>Count to ten.</p>	 <p>Take a deep breath</p>	 <p>Smile</p>	 <p>Ask for a time out</p>	 <p>Talk to someone</p>	 <p>Have a drink of water</p>
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