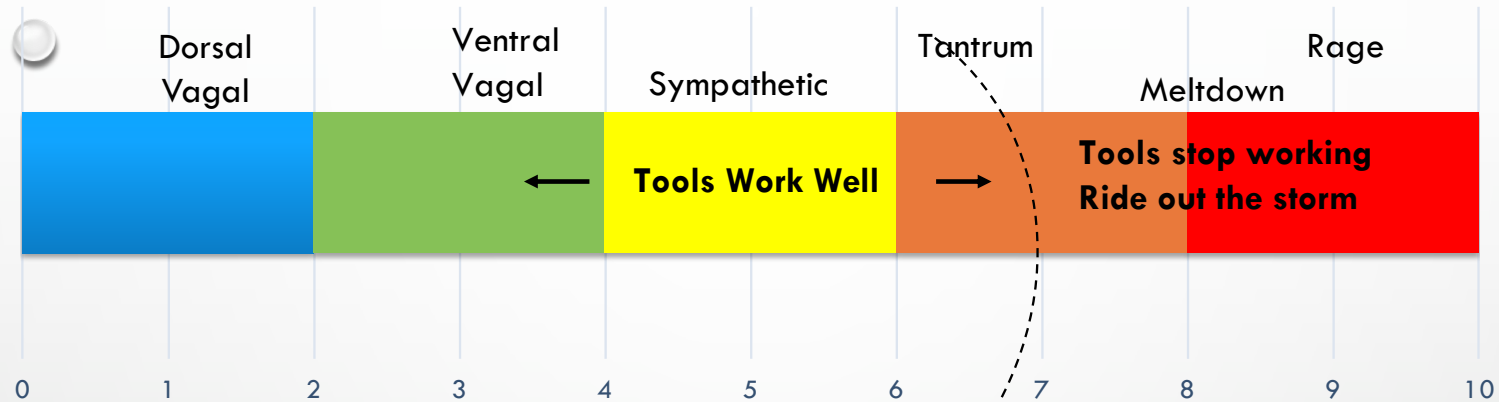


States of Regulation



Tired
Sad
Quiet
Isolated
Shut Down
Collapse
Depressed

Cuddling

Peaceful
Calm
Connected
Good-to-go
Ready to learn
Focused
Feeling good

Playful

Good stress
Pumped up
Hyper silly
Anxious
Worried
Nervous
Excited

Arguing
Rigid
Irritable
Grumpy
Tearful
Negative
Stuck thoughts
Fast thoughts
Trembling
Moving Fast
Stormy
Huffing

Threatening

Yelling
Crying
Shock talk
Slamming
Screaming
Running off
Full Panic
Fighting
Hurting self
Hurting others
Break things