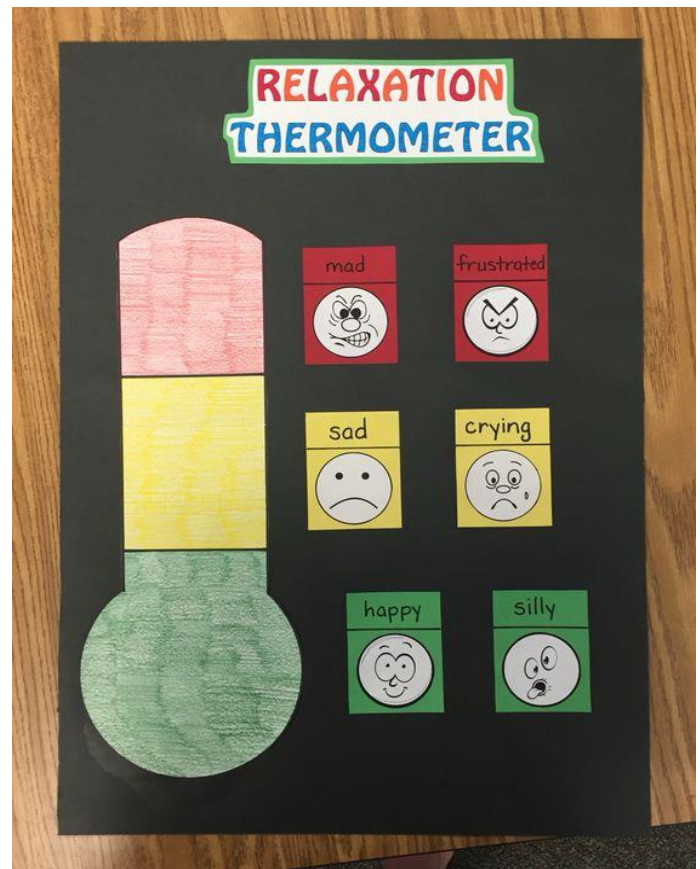
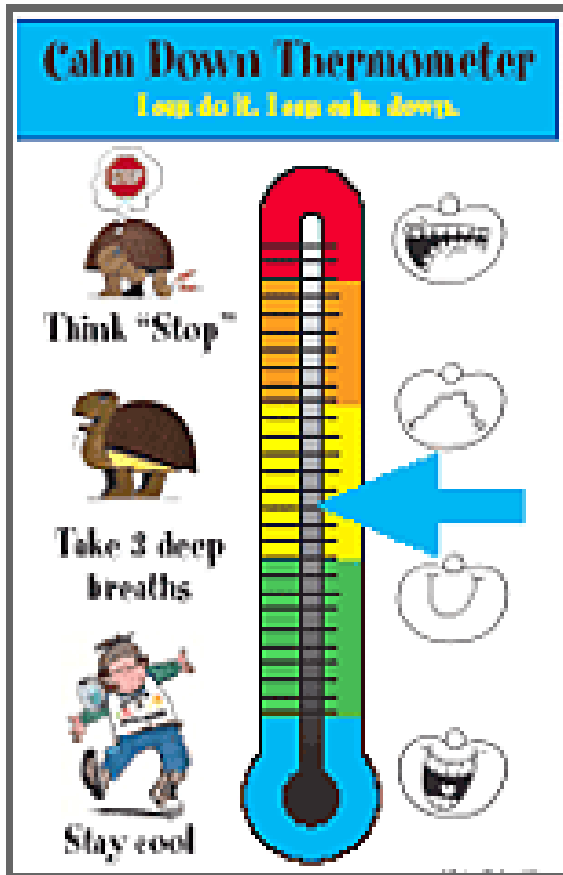


Emotional Intensity

We can tune into how big our feelings are and learn to gauge when we are ready to take an action. We can learn to know *and say* when its better for us to calm down first before we act. Here are some sample images for discussing and identifying how big our feelings are.



What Zone are you in?

Blue Zone:	Green Zone:	Yellow Zone:	Red Zone:
<p>Running Slow</p> <p>sad sick tired bored moving slowly</p>	<p>Good to Go</p> <p>happy calm feeling okay focused ready to learn</p>	<p>Caution</p> <p>frustrated worried silly/wiggly unfocused loss of some control</p>	<p>STOP</p> <p>mad/angry hands on yelling refusing to work out of control</p>

Emotional Intensity

Making it More Concrete: We kept two pulsometers in the kitchen so we could check our heart rates. When one or more of us were over 90 BPM we would try to take a break, calm down come back later.

