

**DESCRIPTION:**




This is visual tool to help visualize and measure how you're feeling. You can use this visual tool in many different ways. Some examples are wall decor and handout.


**INSTRUCTIONS:**

- Print and enjoy!
  - You are provide with 2 visual tools.
    - 1- Approximately 12.5 inches wide, 15.5 inches height. Located below. Cut along black line.
    - 2- Approximately 8.5 inches wide, 11 inches height. Located next page. No cutting needed.
- \*To ensure the durability of the visual tool, you can print on hard paper (cardstock), place in a sheet protector, and/or laminate.

**IMPORTANT:** This file is an independent product. It is not affiliated with, nor has it been authorized, sponsored, or approved by Think Social Publishing, Inc. or by Leah Kuypers, the author of The Zones of Regulation.


# BEFORE YOU REACT...





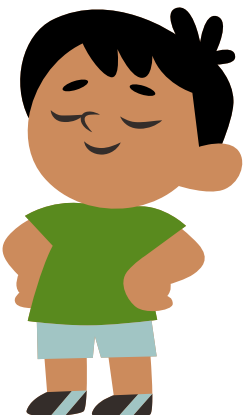
**STOP**

Slowly count to 10.  
Take 5 deep breaths.



**THINK**

Why are you feeling like this? What is the problem?



**ACT**

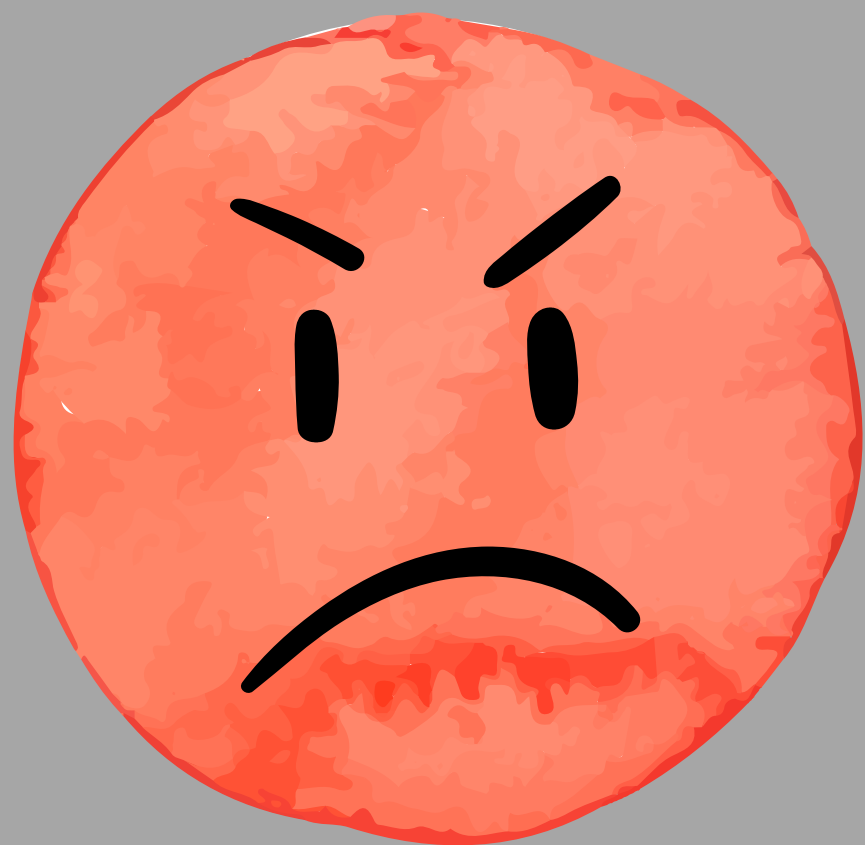
Choose how to react.  
Speak with someone you trust.

Graphics by: Canva.com (Free Version)

**FuntasticOTTools.com**

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FuntasticOTTools.com



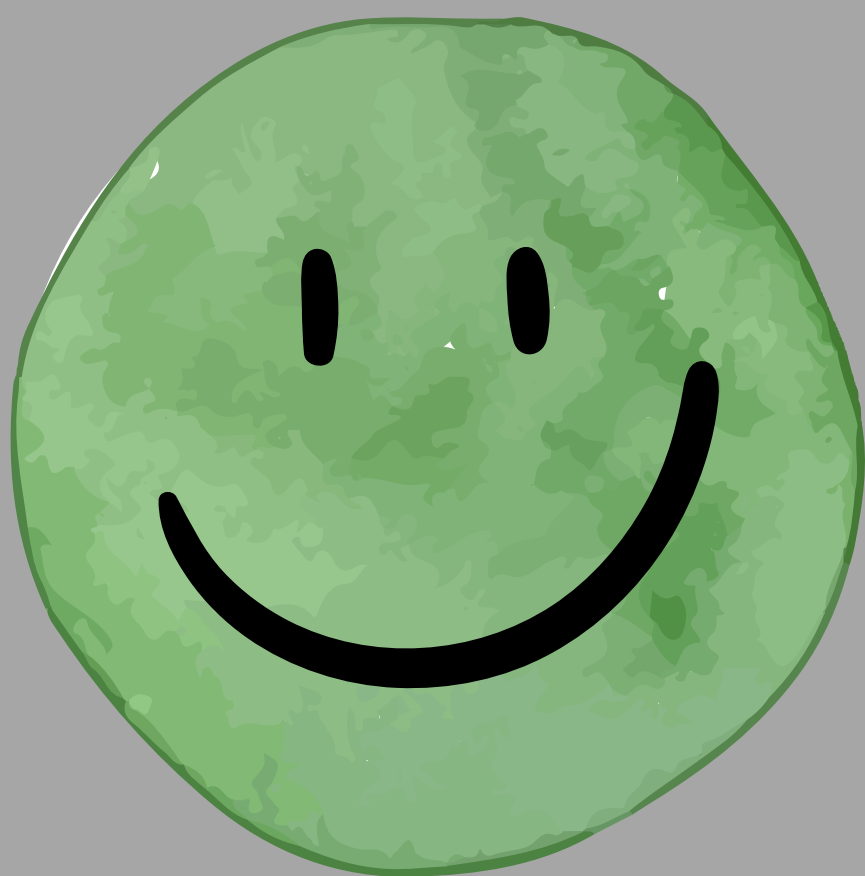
## STOP

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## THINK

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## ACT

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