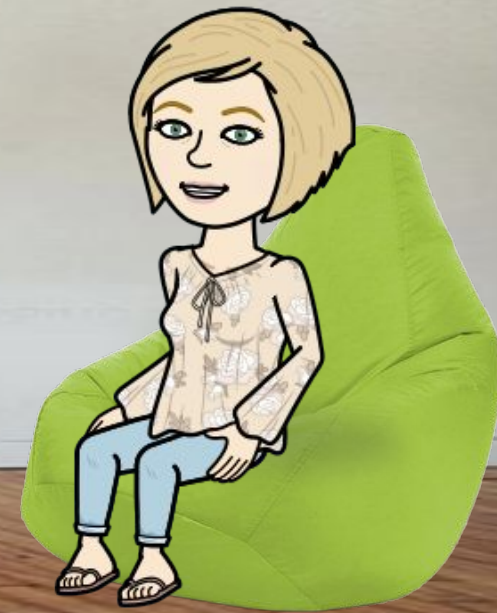




**PUSH AND PULL
LIKE A DINOSAUR**
(push a chair or loaded laundry basket, pull a bungee cord, play tug-of-war)



**"DINOSAUR WALK"
ACROSS THE ROOM**
(Wheelbarrow walks, crawl like a dinosaur, or stomp across the room)



OCCUPATIONAL THERAPY

When I am in the
BLUE ZONE
I feel...

sad	stressed	worried
calm	focused	happy
relaxed	in control	ready to learn

I am...

When I am in the
GREEN ZONE
I feel...

happy	calm	relaxed
focused	in control	ready to learn
ready to learn	in control	ready to learn

I am...

When I am in the
YELLOW ZONE
I feel...

excited	frustrated	worried
calm	in control	ready to learn
ready to learn	in control	ready to learn

I am...

When I am in the
RED ZONE
I feel...

mad	angry	stressed
calm	in control	ready to learn
ready to learn	in control	ready to learn

I am...