

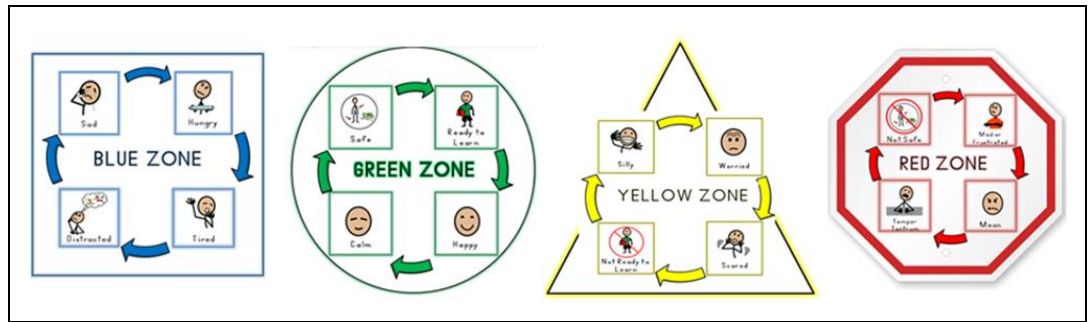
ZONE CHECK IN MINI REPORT

DATE: _____

TIME: _____

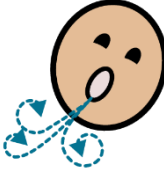


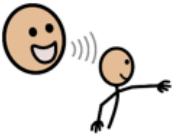




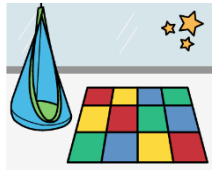

This happened:

My Zone:



I am feeling: _____.

Something I need to be in the Green Zone is:

				
Deep Breaths	Quiet Time	Break	Practice Safe Behavior	Snack or Drink
				
Talk	Apologize	Brain Break	Sensory Room	Walk

Did it work? Am I in the Green Zone? YES / NO / ???