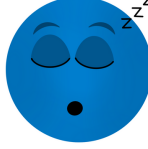
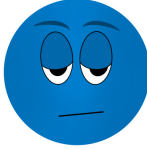
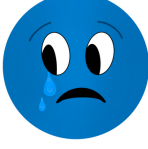







Blue Zone

How I feel...

<p>BrainWorks Tired</p>  <p>SensationalBrain.com</p> <p>Tired</p>	<p>BrainWorks Bored</p>  <p>SensationalBrain.com</p> <p>Bored</p>	<p>BrainWorks Sad</p>  <p>SensationalBrain.com</p> <p>Sad</p>	<p>BrainWorks Sick/Unwell</p>  <p>SensationalBrain.com</p> <p>Sick</p>
<p>BrainWorks Bouncing on Ball</p>  <p>SensationalBrain.com</p> <p>Tired</p>	<p>BrainWorks Blowing Instruments</p>  <p>SensationalBrain.com</p> <p>Bored</p>	<p>BrainWorks Play-Doh</p>  <p>SensationalBrain.com</p> <p>Sad</p>	<p>BrainWorks Medication</p>  <p>SensationalBrain.com</p> <p>Sick</p>

What to do...

Green Zone


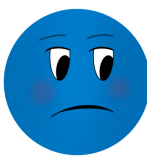
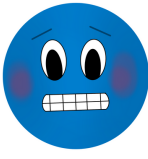
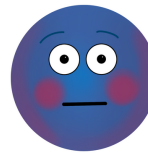
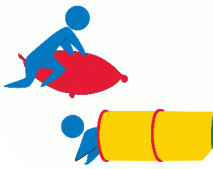



How I feel...

<p>BrainWorks In Control</p>  <p>SensationalBrain.com</p> <p>Calm</p>	<p>BrainWorks Happy</p>  <p>SensationalBrain.com</p> <p>Happy</p>	<p>BrainWorks Excited</p>  <p>SensationalBrain.com</p> <p>Excited</p>	<p>BrainWorks Proud</p>  <p>SensationalBrain.com</p> <p>Proud</p>
<p>BrainWorks Reading</p>  <p>SensationalBrain.com</p> <p>Calm</p>	<p>BrainWorks Ring Toss</p>  <p>SensationalBrain.com</p> <p>Happy</p>	<p>BrainWorks Blowing Bubbles</p>  <p>SensationalBrain.com</p> <p>Excited</p>	<p>BrainWorks Figure 8 Walk</p>  <p>SensationalBrain.com</p> <p>Proud</p>

What to do...

Yellow Zone




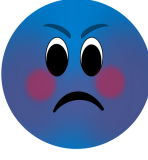
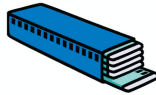



How I feel...

<p>BrainWorks Silly</p>  <p>SensationalBrain.com</p> <p>Silly</p>	<p>BrainWorks Frustrated</p>  <p>SensationalBrain.com</p> <p>Frustrated</p>	<p>BrainWorks Anxious</p>  <p>SensationalBrain.com</p> <p>Anxious</p>	<p>BrainWorks Embarrassed</p>  <p>SensationalBrain.com</p> <p>Embarrassed</p>
<p>BrainWorks Crawling</p>  <p>SensationalBrain.com</p> <p>Silly</p>	<p>BrainWorks Weighted Blanket</p>  <p>SensationalBrain.com</p> <p>Frustrated</p>	<p>BrainWorks Belly Breathing</p>  <p>SensationalBrain.com</p> <p>Anxious</p>	<p>BrainWorks Dots & Squeeze</p>  <p>SensationalBrain.com</p> <p>Embarrassed</p>

What to do...

Red Zone

How I feel...

<p>BrainWorks Overwhelmed</p>  <p>SensationalBrain.com</p> <p>Overwhelmed</p>	<p>BrainWorks Afraid/Scared</p>  <p>SensationalBrain.com</p> <p>Scared</p>	<p>BrainWorks Confused</p>  <p>SensationalBrain.com</p> <p>Confused</p>	<p>BrainWorks Mad/Angry</p>  <p>SensationalBrain.com</p> <p>Mad</p>
<p>BrainWorks Gum</p>  <p>SensationalBrain.com</p> <p>Overwhelmed</p>	<p>BrainWorks Listening</p>  <p>SensationalBrain.com</p> <p>Scared</p>	<p>BrainWorks Aromas</p>  <p>SensationalBrain.com</p> <p>Confused</p>	<p>BrainWorks Walking</p>  <p>SensationalBrain.com</p> <p>Mad</p>

What to do...