

One

“Your dad spills his morning cup of coffee all over your clothes. You're late for school, your clothes are wet, and you smell like rotten milk. You **yell at your dad and slam the car door** as you walk into school.”

Behavior? Zone?

Two

“Your teacher cancels the spelling test that you spent all last night studying for. When she tells you the test is cancelled, **you slam your hands on your desk.**”

Behavior? Zone?

Three

“You felt sick last night and didn't sleep well. You walk into the classroom and **put your head down on your desk.**”

Behavior? Zone?

Four

“You had so much fun at the Valentines day party. As soon as you enter the classroom you **jump up and down and yell "weeeeeeee"**

Behavior? Zone?

Five

“You're mom bought you a new outfit for you. You put it on and **give thumbs up in the mirror.**”

Behavior? Zone?

Six

“Your brother steals your favorite toy and flushes it down the toilet. When your mom tells you, **you begin to cry.**”

Behavior? Zone?

Seven

“You got a perfect score on your vocabulary quiz. You **turn to your best friend and give him a high-five**”

Behavior? Zone?

Eight

“The teacher asks for a volunteer to play a new game. **You jump up and down and say 'pick me pick me!!'.**”

Behavior? Zone?

Nine

“Your teacher is teaching a student how to add 1+1. **You roll your eyes and daydream** because this is so easy and you feel bored”.

Behavior? Zone?

Ten

“You are suppose to go to OT but music therapy walks in the door. **You scream 'I HATE MUSIC, GO AWAY!' and throw your chair.**”

Behavior? Zone?

Eleven

“The power goes out at your house and you are afraid of the dark. **You curl into a ball and start shaking** because you are terrified”.

Behavior? Zone?

Twelve

“After a **deep breathing exercise**, you feel relaxed and calm.

Behavior? Zone?