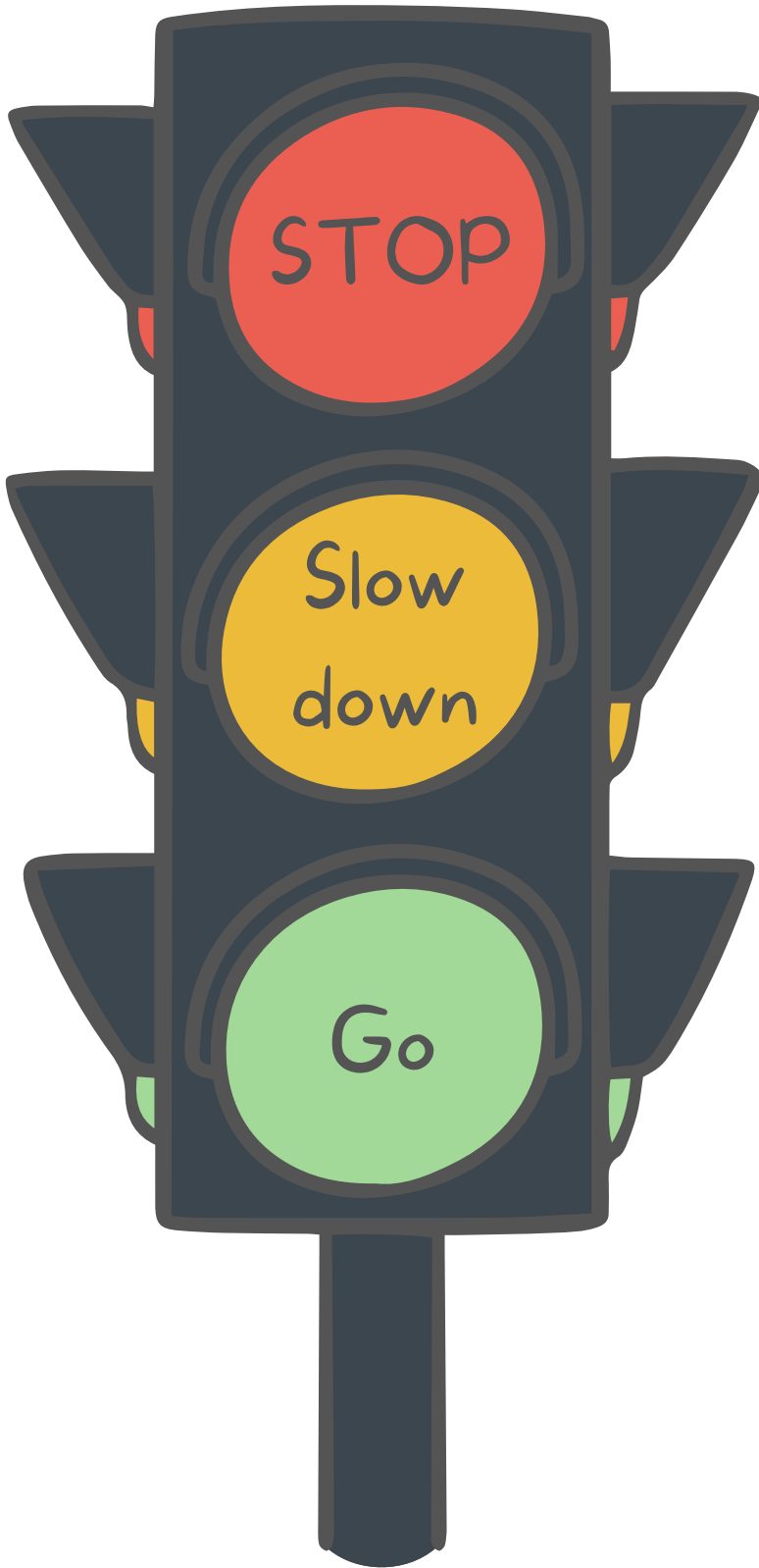


My Traffic Light of Self-regulation



Pause and breathe.
Feel and name the emotion.

Think and assess the situation.
What is the problem?
How can we solve the problem?
What is everyone else feeling?

You are relaxed!
Respond appropriately
Reflect and think how you can
do better