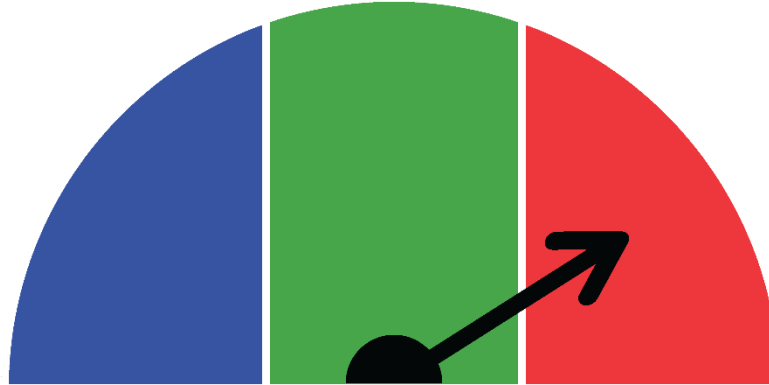


# How Does Your Engine Run?



## How Do You Feel?

**BLUE:** My engine is running slow. I may be tired, lonely, sad, or worried. I may feel like lying down or resting and getting something to eat or drink.

**GREEN:** My engine is running just right. I feel calm, connected, and able to listen or talk with others. I am feeling full and have had enough sleep. My body is relaxed.

**RED:** My engine is running fast and I feel excited. I may feel angry or upset, like I am about to explode. My muscles are tense, and it could be that I am so hungry or thirsty or tired that I am very cranky.

**QUICK TIP:** *Children who have a nervous system running too fast or too slow may have trouble controlling their behavior or following directions. Helping children learn how their engine is running will help them learn how to control their behavior themselves.*

## What can you do about it?

### BLUE:

- Take a nap
- Have a snack or drink
- Ask for love and support or a hug
- Listen to music
- Exercise
- Talk to friend or family member

**If these suggestions don't work, ask yourself what works for you? Everyone is different and knowing what works for you is important.**

### RED:

- Take deep breaths
- Go for a walk or run
- Listen to music, draw or color
- Find some putty or play doh
- Use a calming glitter wand
- Grab a fidget and squeeze