

Which Zone are you in?

SLOW & QUIET



BODY SENSATIONS

Slow
Quiet
Heavy
Slow heartbeat
Foggy head

READY TO LEARN



BODY SENSATIONS

Relaxed
Comfortable
Focused
Engaged

BUSY & WIGGLY



BODY SENSATIONS

Wiggly
Fast Heart
Warm Body
Tense Muscles
Fast Thoughts

OUT OF CONTROL



BODY SENSATIONS

Fast Heart
Red skin
Hot/Sweaty
Tense Muscles