

# Keeping My Power

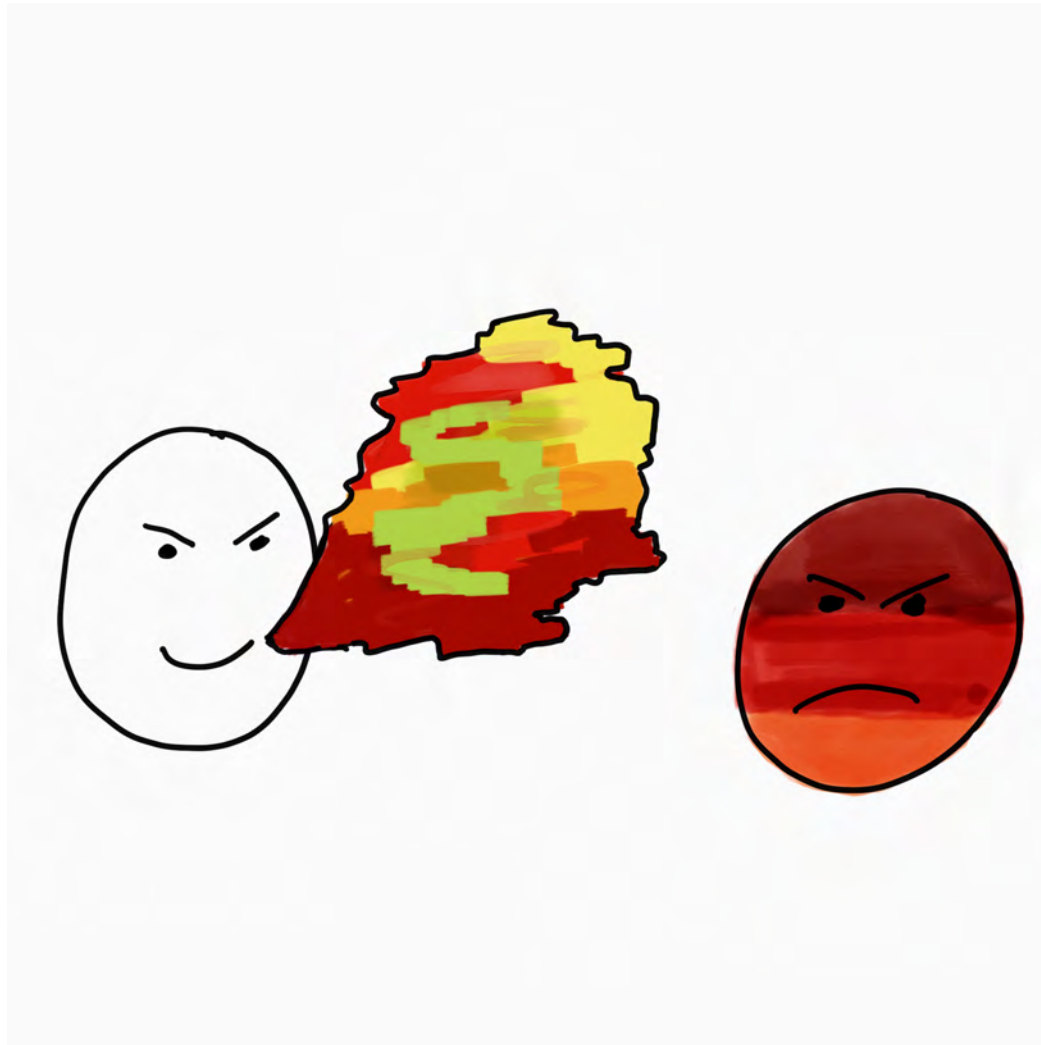




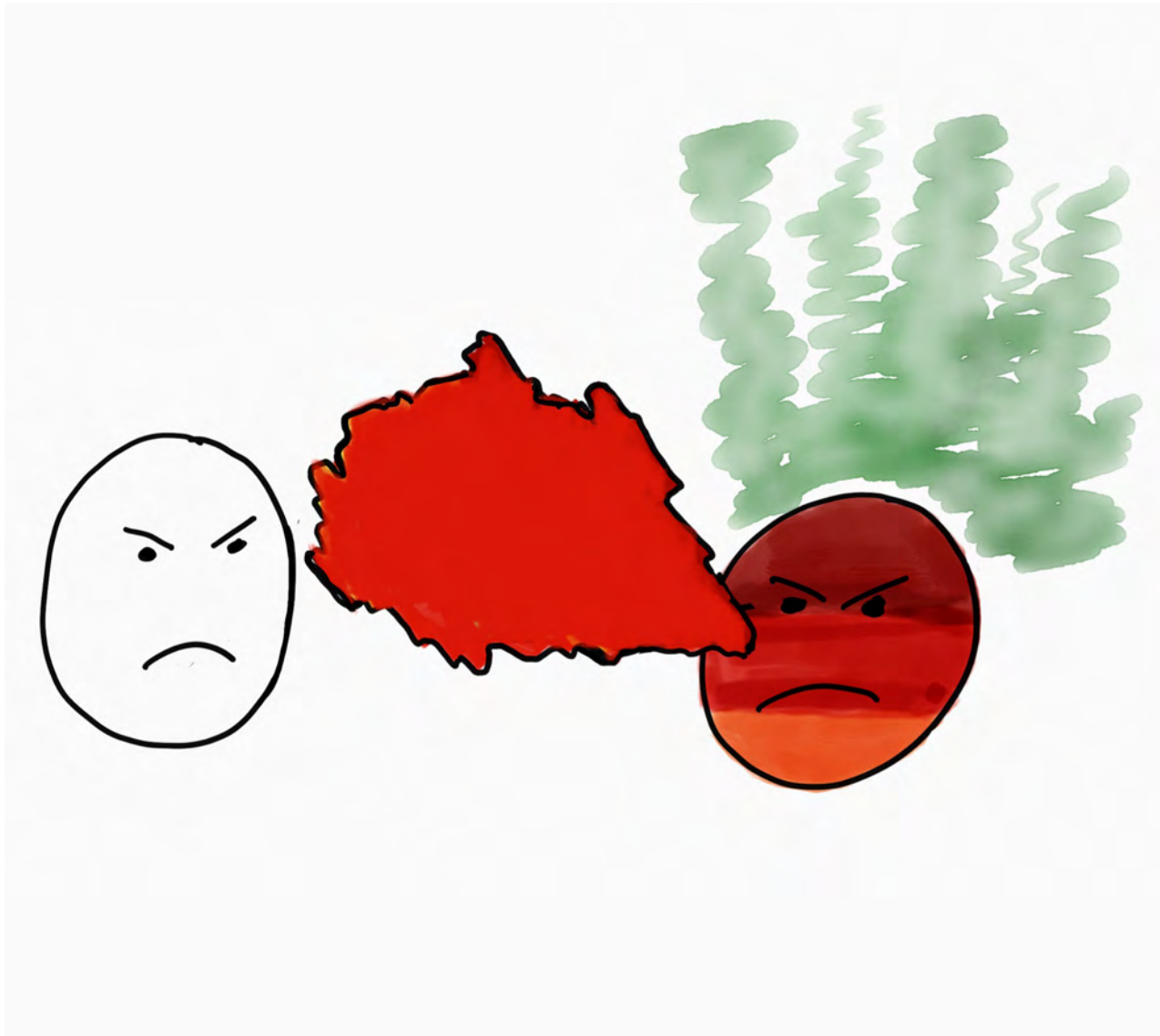
My power helps me stay calm and in control. I stay in the green zone when I am in control.



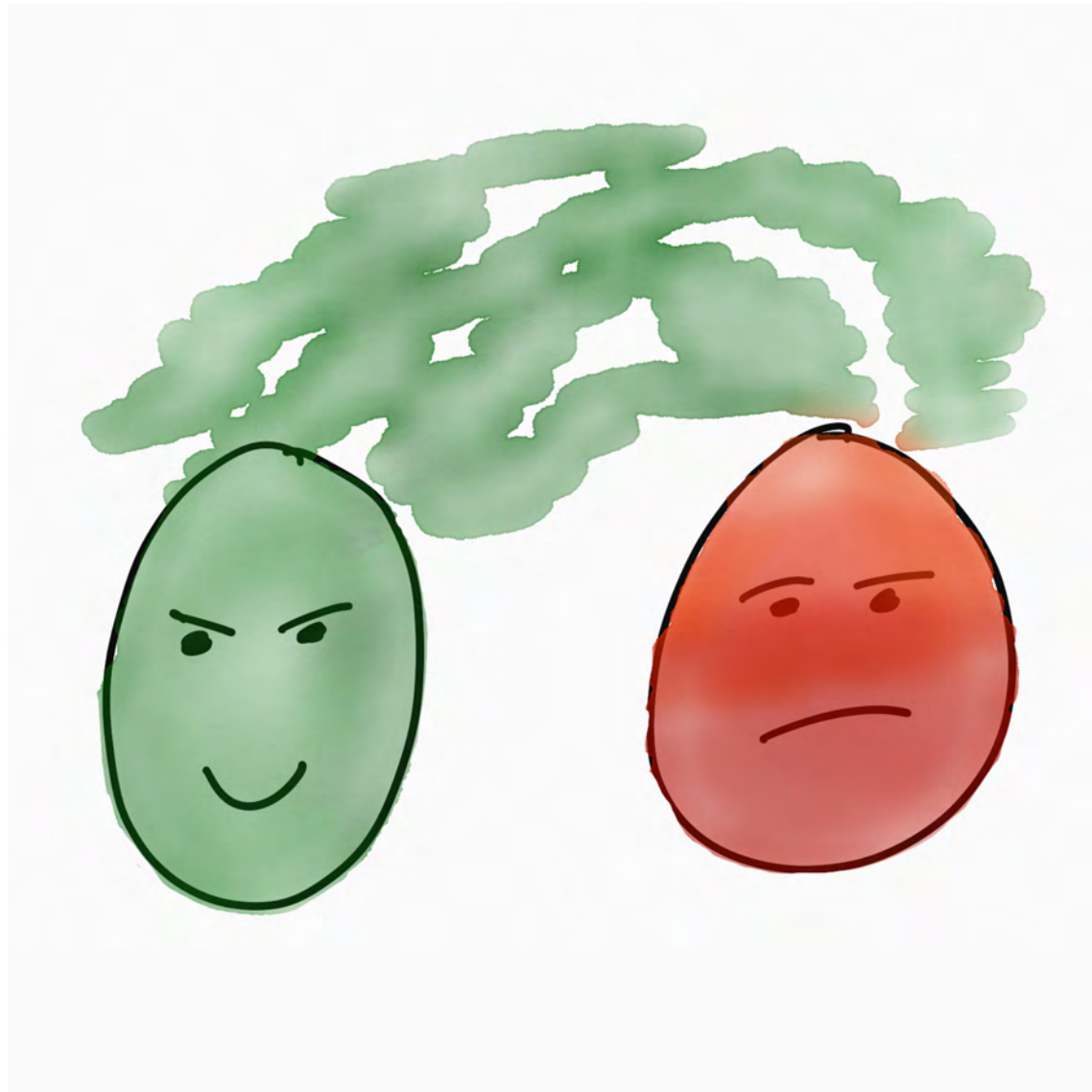
Sometimes I might be worried, anxious or angry. I am in the yellow zone. Some of my power will escape.



Sometimes other people can make me feel bad because they say bad things. This makes me jump to the red zone.



If I say bad things back, I lose my power.



I give my power to the other person.

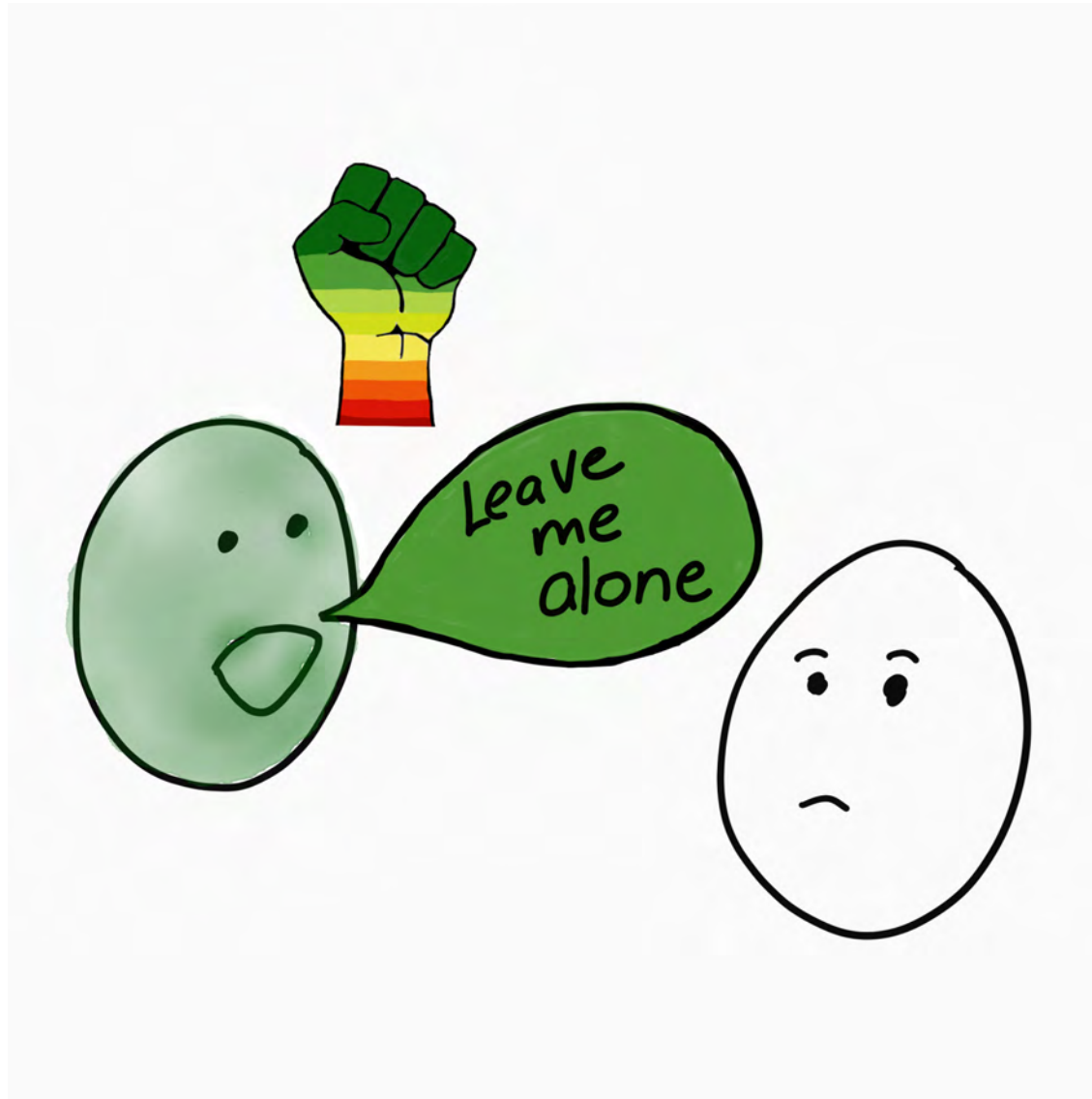


I have no power. I am in the red zone and I'm not in control.

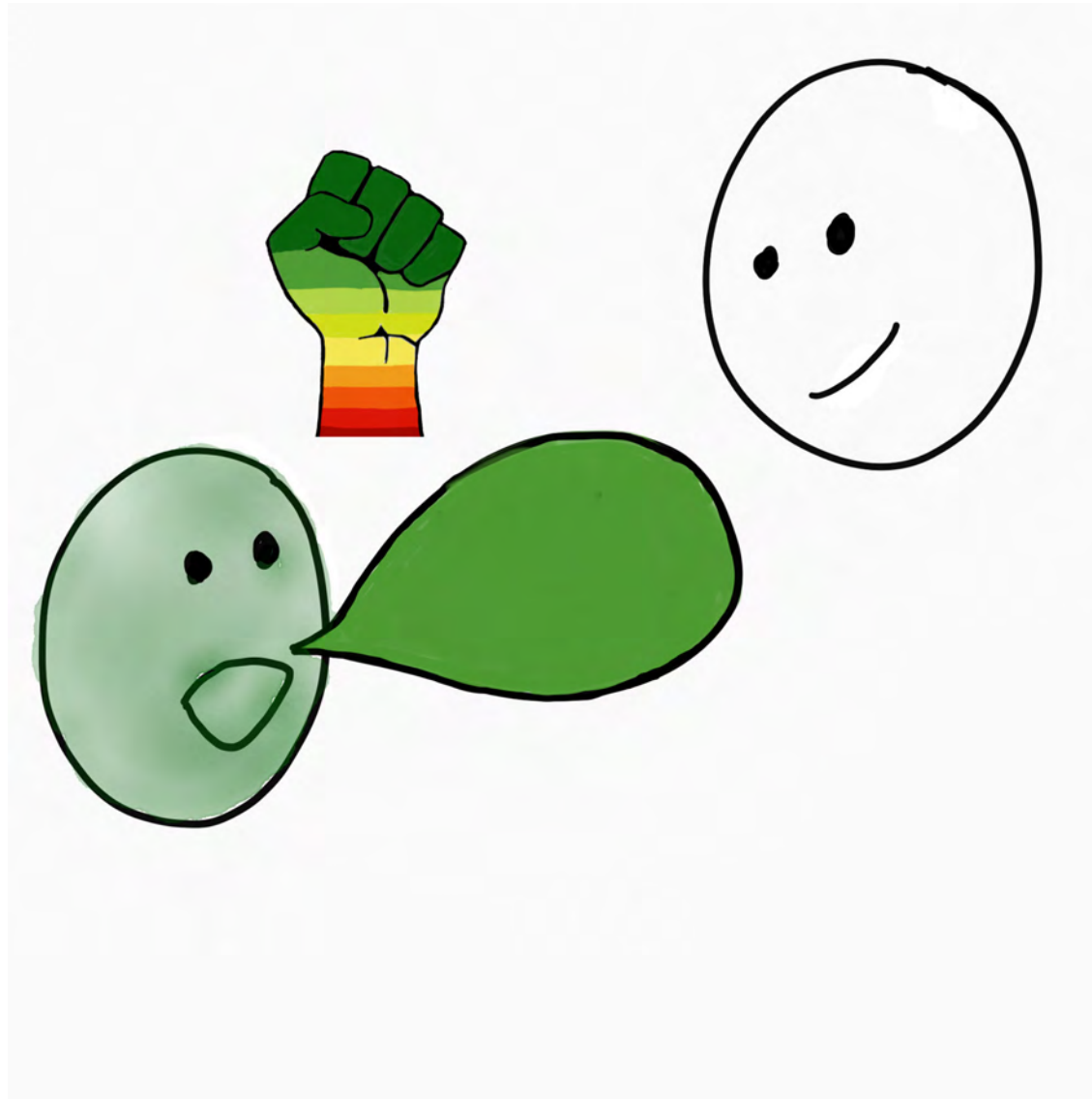


I need to keep my power. These are the things I can do.

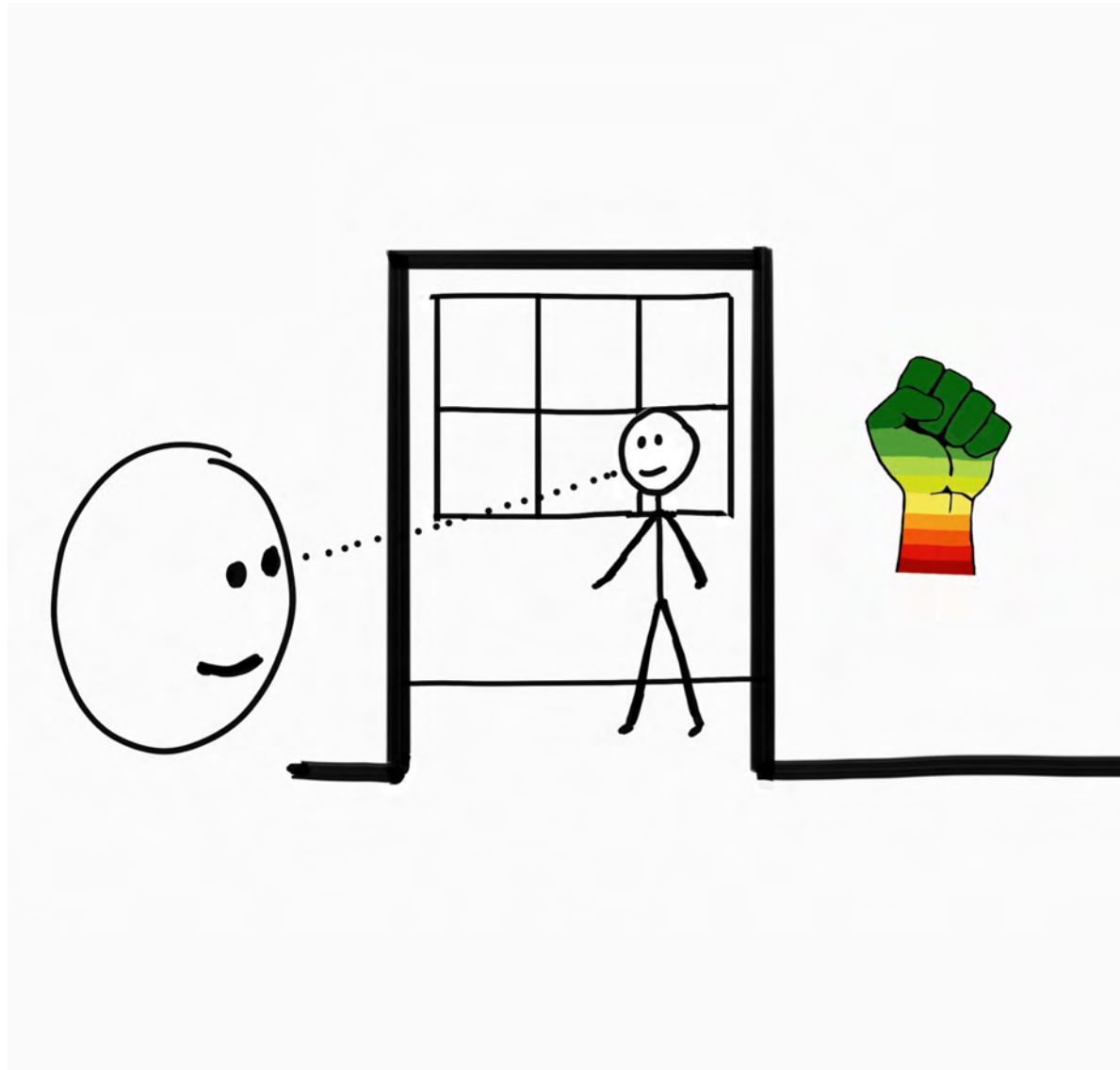




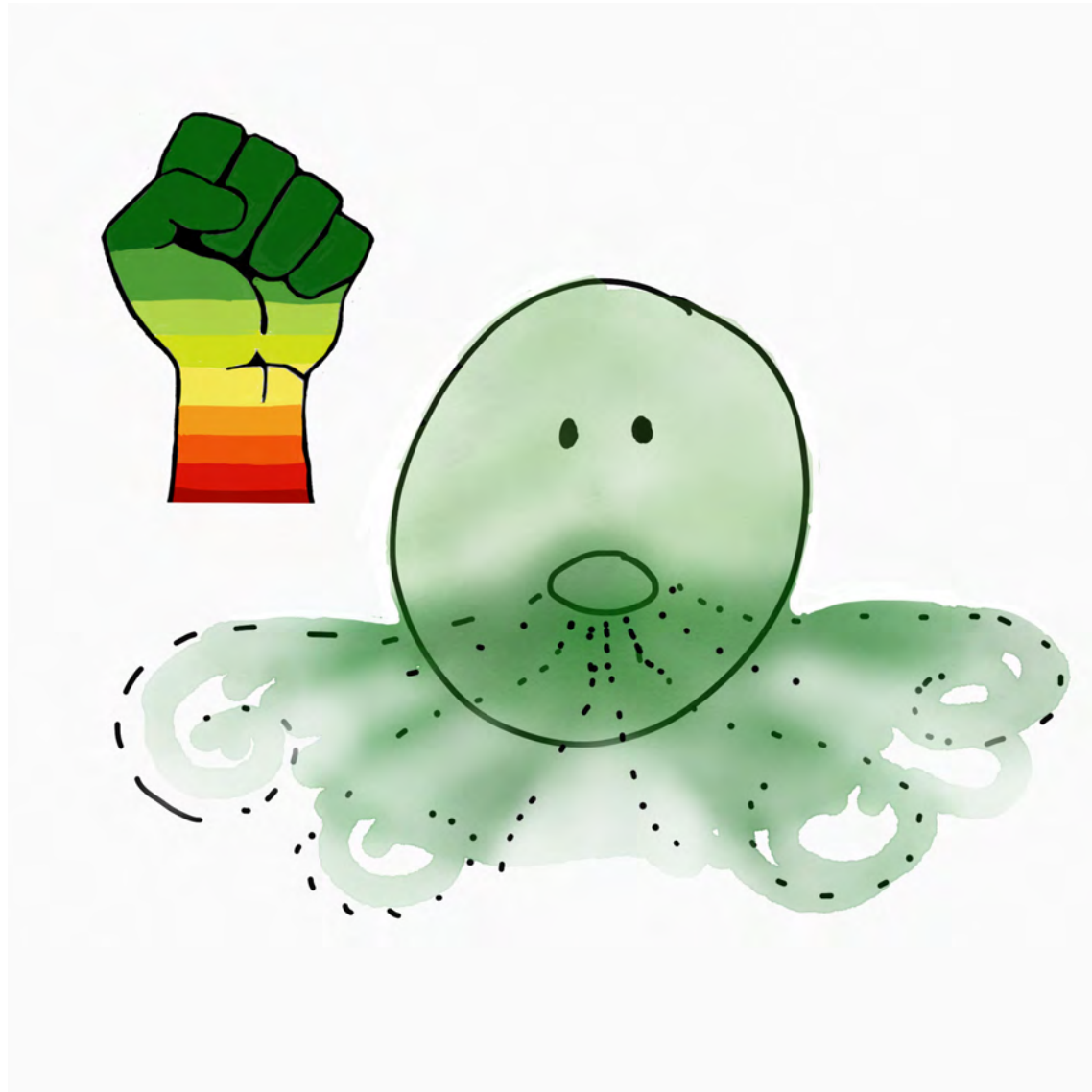
I can say "leave me alone".



I can tell a teacher or other staff.



I can go into the hall where I can be seen.



I can take deep breaths.



I am trying hard to hold onto my power. My teachers and parents are proud that I am trying hard.