

## Awake States with Stress Responses

<b>GREEN ZONE</b> <b>Just Right/Alert</b>	<p><b>EYES</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Bright, shiny eyes</li><li><input type="checkbox"/> Looks directly at people, objects</li><li><input type="checkbox"/> Looks away for breaks, then returns to eye contact</li><li><input type="checkbox"/> Seems alert, takes in information</li></ul> <p><b>FACE</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Smiles, shows joy</li><li><input type="checkbox"/> Neutral</li><li><input type="checkbox"/> Can express all emotions</li></ul> <p><b>VOICE</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Laughing</li></ul> <p><b>BODY</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Relaxed with good muscle tone</li><li><input type="checkbox"/> Stable, balanced and coordinated movements</li><li><input type="checkbox"/> Infant moves arms and legs toward center of the body</li><li><input type="checkbox"/> Infant molds body into a caregiver when held</li><li><input type="checkbox"/> Moves faster or slower depending on environment</li></ul> <p><b>RHYTHM/RATE OF MOVEMENT</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Changes smoothly to respond to the environment</li><li><input type="checkbox"/> Movements not too fast or too slow</li></ul>
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When watching this video clip, what non-verbal body cues do you see in the video clip that represents the green zone? (check boxes)

Please circle non-verbal body cues that you show others when you are in the green zone.

Pick a vignette to share about your own body's green zone signals with the person to your right.

## Awake States with Stress Responses

RED ZONE  
Too Fast/Gas Pedal

### EYES

- Open, squinted or closed eyes
- May have direct, intense eye contact
- May avoid eye contact
- Eyes roll upward
- Eyes look quickly around the room

### FACE

- Wide, open mouth
- Anger, disgust
- Frown
- Fake/forced smile
- Clenched jaw or teeth

### VOICE

- High-pitched crying, yelling or screaming
- Loud

- Hostile or grumpy

- Sarcastic

- Out of control laughing

### BODY

- Fingers spread
- Tense in face or body position
- Constant motion
- Demands space by pushing, shoving, and getting into others' space
- Biting, hitting, kicking, jumping, throwing
- Bumps into things, falls
- Threatening gestures (shakes finger or fist)

### RHYTHM/RATE OF MOVEMENT

- Fast movements
- Impulsive movements

When watching this video clip, what non-verbal body cues do you see in the video clip that represents the red zone? (check boxes)

Please circle non-verbal body cues that you show others when you are in the red zone.

Pick a vignette to share about your own body's red zone signals with the person to your left.

## Awake States with Stress Responses

BLUE ZONE Too Slow/Brakes	<u>EYES</u> <input type="checkbox"/> Glazed eyes (looks through rather than at things) <input type="checkbox"/> Looks away for a long time, looks down <input type="checkbox"/> Seems drowsy/tired <input type="checkbox"/> Does not look around the room for interesting items <input type="checkbox"/> Looks at things more than people	<u>VOICE</u> <input type="checkbox"/> Flat <input type="checkbox"/> Makes few to no sounds <input type="checkbox"/> Sounds cold, soft, sad, too quiet	<u>BODY</u> <input type="checkbox"/> Slumped/slouching <input type="checkbox"/> Low muscle tone <input type="checkbox"/> Little or no exploring play or curiosity <input type="checkbox"/> Wanders <input type="checkbox"/> Frozen or slow-moving	<u>RHYTHM/RATE OF MOVEMENT</u> <input type="checkbox"/> Slow movements <input type="checkbox"/> Slow to start moving
	<u>FACE</u> <input type="checkbox"/> Flat/blank <input type="checkbox"/> Mouth turned down, sad <input type="checkbox"/> No smiles or hints of smiles <input type="checkbox"/> Few emotions shown			

When watching this video clip, what non-verbal body cues do you see in the video clip that represents the blue zone? (check boxes)

Please circle non-verbal body cues that you show others when you are in the blue zone.

Pick a vignette to share about your own body's blue zone signals with the person to your across from you.

## Awake States with Stress Responses

COMBO ZONE Fast & Jerky/Gas & Brake	
<p><b>EYES</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Wide open eyes</li><li><input type="checkbox"/> Looks around as if worried or scared</li><li><input type="checkbox"/> Stares at things</li><li><input type="checkbox"/> Rolling of the eyes</li></ul> <p><b>FACE</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Raised eyebrows</li><li><input type="checkbox"/> Furrowed brow</li><li><input type="checkbox"/> Trembling lips or mouth</li><li><input type="checkbox"/> Fake, forced grin</li><li><input type="checkbox"/> Mouth wide open</li><li><input type="checkbox"/> Startled expression</li></ul> <p><b>VOICE</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> High-pitched, nasal, sing-song voice</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Moans or groans in pain</li><li><input type="checkbox"/> Whimpers</li><li><input type="checkbox"/> Wobbly/quivering voice or fast changes</li></ul> <p><b>BODY</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Tense or rigid posture</li><li><input type="checkbox"/> Cowers or hides</li><li><input type="checkbox"/> Fast, repetitive movements (wrings hands, shakes foot)</li><li><input type="checkbox"/> Trembling hands</li><li><input type="checkbox"/> Clings, grabs</li><li><input type="checkbox"/> Flails around</li></ul> <p><b>RHYTHM/RATE OF MOVEMENT</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Fast movements</li><li><input type="checkbox"/> Jerky movements</li></ul>

When watching this video clip, what non-verbal body cues do you see in the video clip that represents the combo zone? (check boxes)

Please circle non-verbal body cues that you show others when you are in the combo zone.

Pick a vignette to share about your own body's combo zone signals with a person you have not yet met at your table.