

Awake States with Stress Responses

GREEN ZONE Just Right/Alert	<u>EYES</u> <input type="checkbox"/> Bright, shiny eyes <input type="checkbox"/> Looks directly at people, objects <input type="checkbox"/> Looks away for breaks, then returns to eye contact <input type="checkbox"/> Seems alert, takes in information	<input type="checkbox"/> Tone changes <input type="checkbox"/> Melodic sound
	<u>FACE</u> <input type="checkbox"/> Smiles, shows joy <input type="checkbox"/> Neutral <input type="checkbox"/> Can express all emotions	<u>BODY</u> <input type="checkbox"/> Relaxed with good muscle tone <input type="checkbox"/> Stable, balanced and coordinated movements <input type="checkbox"/> Infant moves arms and legs toward center of the body <input type="checkbox"/> Infant molds body into a caregiver when held <input type="checkbox"/> Moves faster or slower depending on environment
	<u>VOICE</u> <input type="checkbox"/> Laughing	<u>RHYTHM/RATE OF MOVEMENT</u> <input type="checkbox"/> Changes smoothly to respond to the environment <input type="checkbox"/> Movements not too fast or too slow

When watching this video clip, what do you notice about the green zone behaviors? (check boxes)

When watching this video clip, what do you notice about your own bodily reactions?

After watching this video clip, what non-verbal cues do you realize you show others when you are in the green zone? (circle boxes)

Awake States with Stress Responses

RED ZONE Too Fast/Gas Pedal	<u>EYES</u>	<input type="checkbox"/> Hostile or grumpy
	<input type="checkbox"/> Open, squinted or closed eyes	<input type="checkbox"/> Sarcastic
	<input type="checkbox"/> May have direct, intense eye contact	<input type="checkbox"/> Out of control laughing
	<input type="checkbox"/> May avoid eye contact	<u>BODY</u>
	<input type="checkbox"/> Eyes roll upward	<input type="checkbox"/> Fingers spread
	<input type="checkbox"/> Eyes look quickly around the room	<input type="checkbox"/> Tense in face or body position
	<u>FACE</u>	<input type="checkbox"/> Constant motion
	<input type="checkbox"/> Wide, open mouth	<input type="checkbox"/> Demands space by pushing, shoving, and getting into others' space
	<input type="checkbox"/> Anger, disgust	<input type="checkbox"/> Biting, hitting, kicking, jumping, throwing
	<input type="checkbox"/> Frown	<input type="checkbox"/> Bumps into things, falls
<input type="checkbox"/> Fake/forced smile	<input type="checkbox"/> Threatening gestures (shakes finger or fist)	
<input type="checkbox"/> Clenched jaw or teeth	<u>RHYTHM/RATE OF MOVEMENT</u>	
<u>VOICE</u>	<input type="checkbox"/> Fast movements	
<input type="checkbox"/> High-pitched crying, yelling or screaming	<input type="checkbox"/> Impulsive movements	
<input type="checkbox"/> Loud		

When watching this video clip, what do you notice about the red zone behaviors? (check boxes)

When watching this video clip, what do you notice about your own bodily reactions?

After watching this video clip, what non-verbal cues do you realize you show others when you are in the red zone? (circle boxes)

Awake States with Stress Responses

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

When watching this video clip, what do you notice about the blue zone behaviors? (check boxes)

When watching this video clip, what do you notice about your own bodily reactions?

After watching this video clip, what non-verbal cues do you realize you show others when you are in the blue zone? (circle boxes)

Awake States with Stress Responses

COMBO ZONE Fast & Jerky/Gas & Brake	<u>EYES</u>	<input type="checkbox"/> Moans or groans in pain
	<input type="checkbox"/> Wide open eyes	<input type="checkbox"/> Whimpers
	<input type="checkbox"/> Looks around as if worried or scared	<input type="checkbox"/> Wobbly/quivering voice or fast changes
	<input type="checkbox"/> Stares at things	<u>BODY</u>
	<input type="checkbox"/> Rolling of the eyes	<input type="checkbox"/> Tense or rigid posture
	<u>FACE</u>	<input type="checkbox"/> Cowers or hides
	<input type="checkbox"/> Raised eyebrows	<input type="checkbox"/> Fast, repetitive movements (wrings hands, shakes foot)
	<input type="checkbox"/> Furrowed brow	<input type="checkbox"/> Trembling hands
	<input type="checkbox"/> Trembling lips or mouth	<input type="checkbox"/> Clings, grabs
	<input type="checkbox"/> Fake, forced grin	<input type="checkbox"/> Flails around
<input type="checkbox"/> Mouth wide open	<u>RHYTHM/RATE OF MOVEMENT</u>	
<input type="checkbox"/> Startled expression	<input type="checkbox"/> Fast movements	
<u>VOICE</u>	<input type="checkbox"/> Jerky movements	
<input type="checkbox"/> High-pitched, nasal, sing-song voice		

When watching this video clip, what do you notice about the combo zone behaviors?

When watching this video clip, what do you notice about your own bodily reactions?

After watching this video clip, what non-verbal cues do you realize you show others when you are in the combo zone? (circle boxes)