

Awake States with Stress Responses

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

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	<u>EYES</u> <input type="checkbox"/> Open, squinted or closed eyes <input type="checkbox"/> May have direct, intense eye contact <input type="checkbox"/> May avoid eye contact <input type="checkbox"/> Eyes roll upward <input type="checkbox"/> Eyes look quickly around the room	<input type="checkbox"/> Hostile or grumpy <input type="checkbox"/> Sarcastic <input type="checkbox"/> Out of control laughing
	<u>FACE</u> <input type="checkbox"/> Wide, open mouth <input type="checkbox"/> Anger, disgust <input type="checkbox"/> Frown <input type="checkbox"/> Fake/forced smile <input type="checkbox"/> Clenched jaw or teeth	<u>BODY</u> <input type="checkbox"/> Fingers spread <input type="checkbox"/> Tense in face or body position <input type="checkbox"/> Constant motion <input type="checkbox"/> Demands space by pushing, shoving, and getting into others' space <input type="checkbox"/> Biting, hitting, kicking, jumping, throwing <input type="checkbox"/> Bumps into things, falls <input type="checkbox"/> Threatening gestures (shakes finger or fist)
	<u>VOICE</u> <input type="checkbox"/> High-pitched crying, yelling or screaming <input type="checkbox"/> Loud	<u>RHYTHM/RATE OF MOVEMENT</u> <input type="checkbox"/> Fast movements <input type="checkbox"/> 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>	<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 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><u>EYES</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Wide open eyes <input type="checkbox"/> Looks around as if worried or scared <input type="checkbox"/> Stares at things <input type="checkbox"/> Rolling of the eyes <p><u>FACE</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Raised eyebrows <input type="checkbox"/> Furrowed brow <input type="checkbox"/> Trembling lips or mouth <input type="checkbox"/> Fake, forced grin <input type="checkbox"/> Mouth wide open <input type="checkbox"/> Startled expression <p><u>VOICE</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> High-pitched, nasal, sing-song voice 	<ul style="list-style-type: none"> <input type="checkbox"/> Moans or groans in pain <input type="checkbox"/> Whimpers <input type="checkbox"/> Wobbly/quivering voice or fast changes <p><u>BODY</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tense or rigid posture <input type="checkbox"/> Cowers or hides <input type="checkbox"/> Fast, repetitive movements (wrigs hands, shakes foot) <input type="checkbox"/> Trembling hands <input type="checkbox"/> Clings, grabs <input type="checkbox"/> Flails around <p><u>RHYTHM/RATE OF MOVEMENT</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Fast movements <input type="checkbox"/> Jerky movements
---	---	---

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.