








Co-create definitions for the "Self-Regulation Road Map"

How are you doing?

ASLEEP	DROWSY	DAYDREAMING	CALM AND ALERT	DISTRACTED	DISTRACTOR	DISTRESSED
						
<ul style="list-style-type: none">-drooling - long-snoring-eyes shut-head down	<ul style="list-style-type: none">-long blinks-eyes 1/2 closed-leaning your head on hands	<ul style="list-style-type: none">-stare-non responsive-not focussed		<ul style="list-style-type: none">-looking around-cell phones-off task	<ul style="list-style-type: none">-talking - shaking-noises - snap-throwing @ others-off task-moving around	