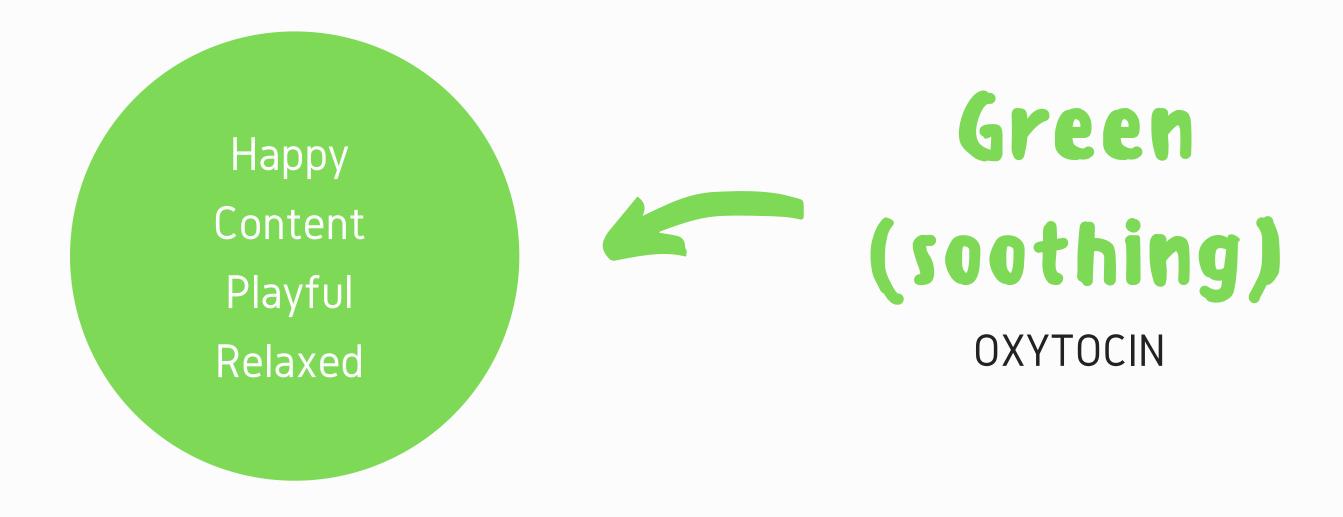
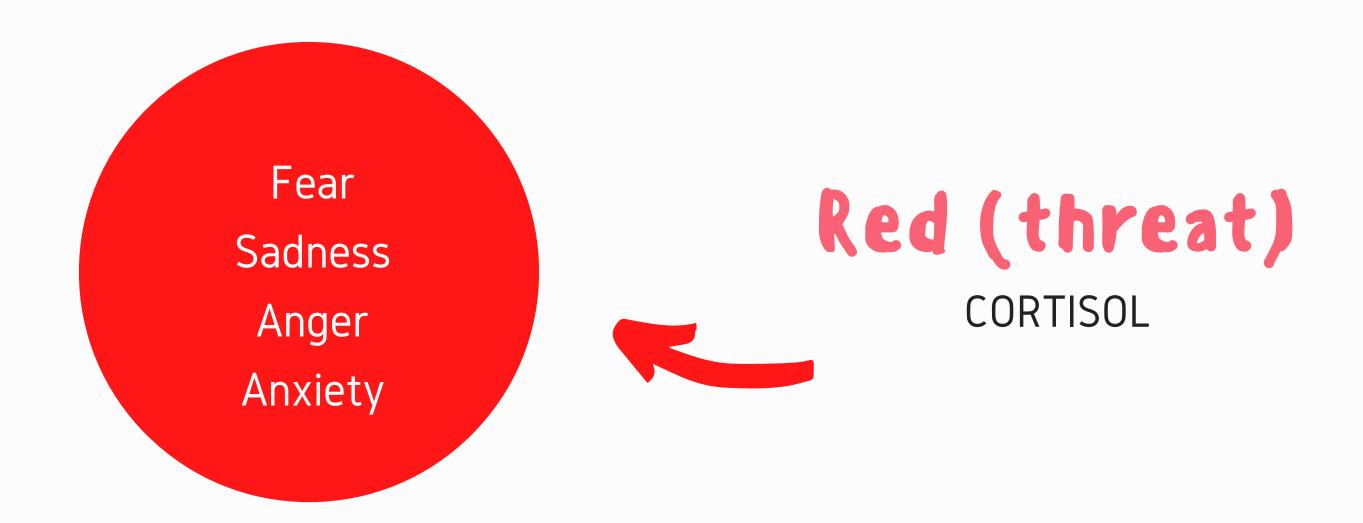
What colour is your dragon? Three cirles of emotional regulation

TEACHER HANDOUT





Focused
Energized
Purposeful
Active
Excited



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