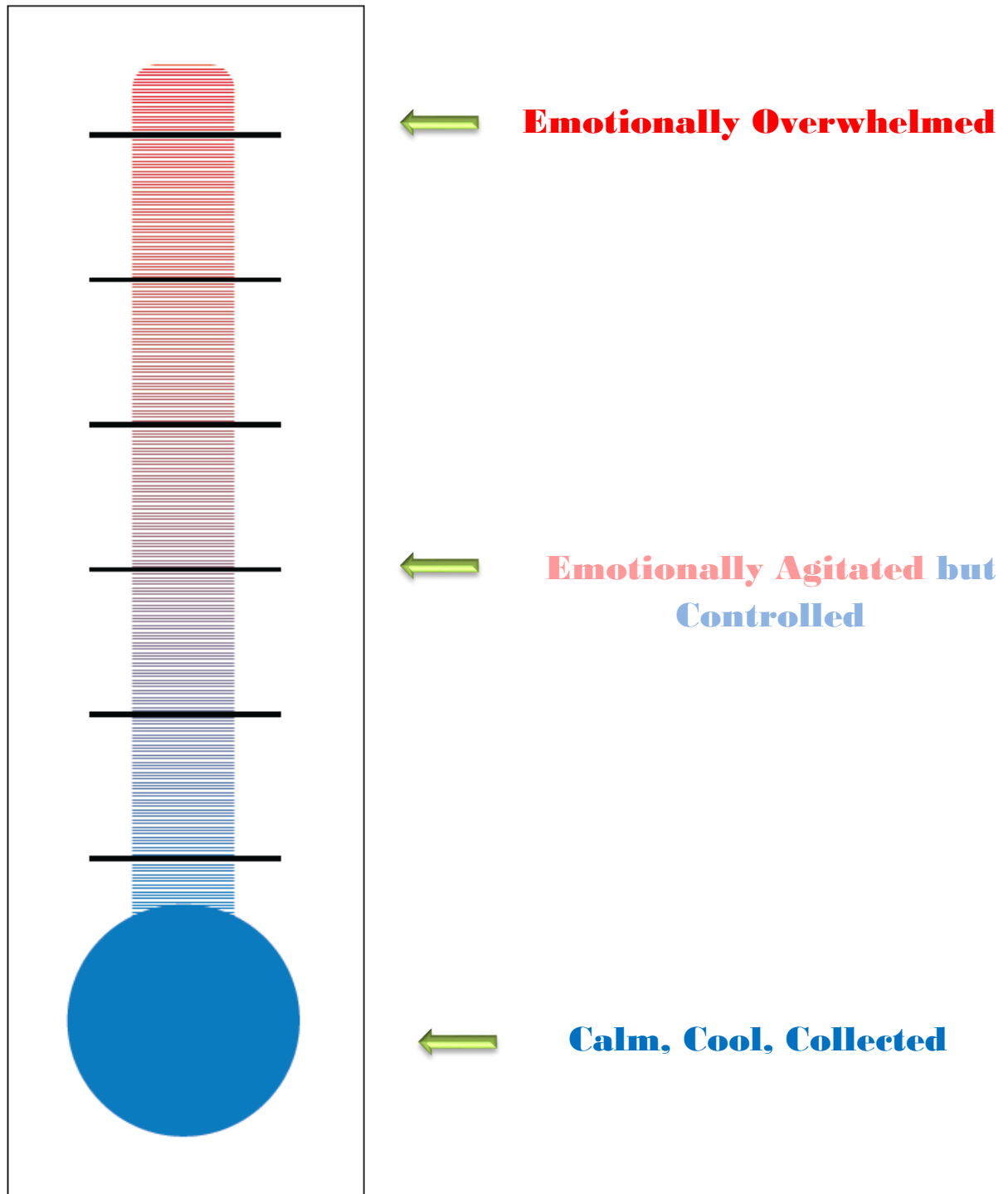


Additional tools:

## Emotions Thermometer – Gauge where you are emotionally



## Engagement Skill: Red Light! Green Light!

Use the following to determine if you should:

**Red light** – stop, breathe, remove yourself from stressor, and use coping skills. **DO NOT ACT!**

**Yellow light** – Freeze and think about what you planning to do.

**Green light** – Go, you are calm, cool, and collected and aware of the consequence of your behavior and its impact on you, others, and situations.



**Ask yourself:**

**What color is my traffic light?**