




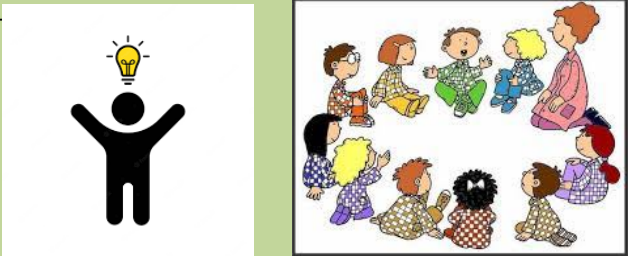

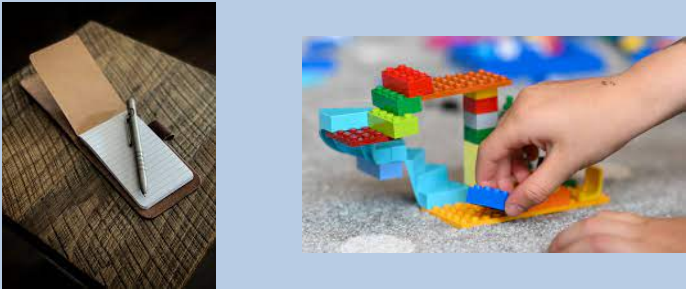


Checking In



MindPlus

When I feel...	I can try....
 <p data-bbox="571 415 727 541">Panicked or Angry</p>	
 <p data-bbox="565 787 734 913">Frustrated or Worried</p>	
 <p data-bbox="591 1152 708 1278">Settled and Calm</p>	
 <p data-bbox="597 1556 701 1682">Bored or Tired</p>	

09/06/2023

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Based on Zones of Regulation