

Progress tracker FOR KIDS

How did you feel...

In the Red

In the Blue

	In the Red	In the Blue
In my classroom		
PE		
Lunch		
Recess		
Staying in my seat		
Car rides		
Doing my homework		
Mealtime		
Bedtime		
Dressing and Bathing		
At a party		
In a restaurant		
Shopping		
Playing sports		
On a playdate with friend		
With my siblings		
Doing my chores		
Getting ready for school		

When you're **IN THE RED**

You feel frustrated, angry, excited, really happy, or upset

When you're **IN THE BLUE**

You feel calm, cool and in control.

GET MIGHTIER

MIGHTIER™