

CHILD'S NAME:



When my engine is running too LOW:

- 1.
- 2.
- 3.
- 4.

When my engine is running too HIGH:

- 1.
- 2.
- 3.
- 4.

When my engine is running just Right:

1. I can listen
2. I can learn
3. I can follow directions
4. I can be a good friend

CONNECT with me: Early on I received messages that I don't matter. I long for healthy and connected relationships. Give me good eye contact, get down on my level and use soft eyes.

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EMPOWER me: Prepare me to learn by encouraging hydration, snacks, healthy touch, physical activity, and checking to see if my environment is over/under stimulating. Help me self-regulate and make my day predictable so I feel safe.

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CORRECT me: Most of my behavior can be corrected with a Redo. It is helpful if you are playful and can balance nurture and structure.

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All of my behaviors have a meaning and purpose. I do not always know how to get my needs met the right way. I am not trying to be disobedient, I am trying to survive the best way I know how. I need your help to feel safe and be successful.