

Where Are You On Your Thermometer?



Red Zone - angry or aggressive



Light Red Zone - A little angry

Blue Zone - sad or anxious

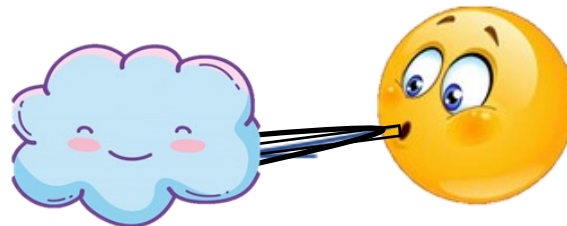
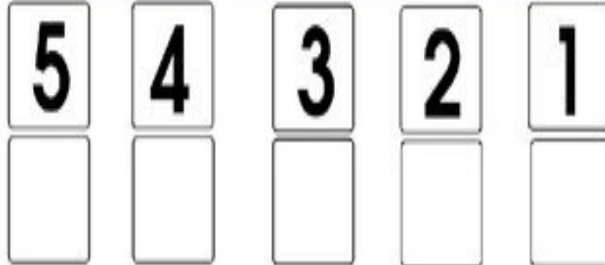
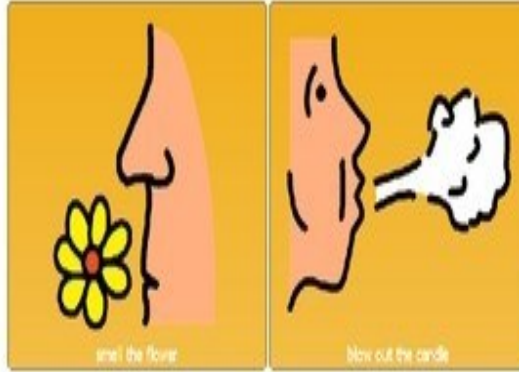
Yellow Zone - silly or a little agitated

Green Zone - calm and happy



Deep Breath to Relax

Take Deep Breaths



Today I Need



HUG



To See MOM



FOOD



My FRIEND

Draw Your Happy Place



Draw How You Feel



HOW AM I TODAY?



I Can Talk To

CADDO PARISH SCHOOLS
SECURITY DEPARTMENT

Division of Mental Health, Wellness, and Safe Schools
Barzanna White, S.S.P., Ph.D.

District School Psychologist, Prevention Coordinator, & BJA Director;

Evol Datcher, BJA Grant Coordinator;

Barbara Driscoll, Counselor, External Assessor-PBIS;

Vera Landrum, School Counselor;

Michelle McKellar, LPC, BJA Grant Coordinator; Lance White, LPC