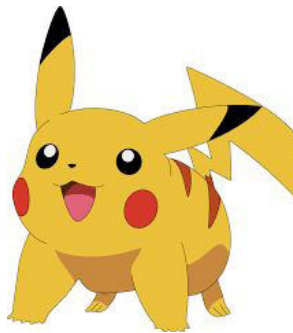


THE POKEMON OF REGULATION



Once upon a time, there were four pokemon. **Bulbasaur**, **Charmander**, **Pikachu**, and **Squirtle**. They all had different feelings. Their feelings made them react differently.



Bulbasaur was happy!
He had a smile on his face, a
calm body, and quiet hands.
Bulbasaur was able to have a lot
of fun!



**Show how you think bulbasaur
looks in the green zone**

Pikachu was a little too silly. His face was scrunched. His arms and legs were wiggly. **Pikachu** wanted to have fun, but he was too silly to enjoy his friends!



**Move your body around like
Pikachu in yellow zone!**

Charmander was OUT OF CONTROL! His face was squished. His mouth was frowning and his hands were tight. **Charmander** was stomping his feet.



Show how you think
Charmander looks like in red
zone

Squirtle was very sad. He was thinking sad thoughts, crying, and tired. His mouth was a frown and his head was down.

Squirtle did not have much energy to make himself feel better.

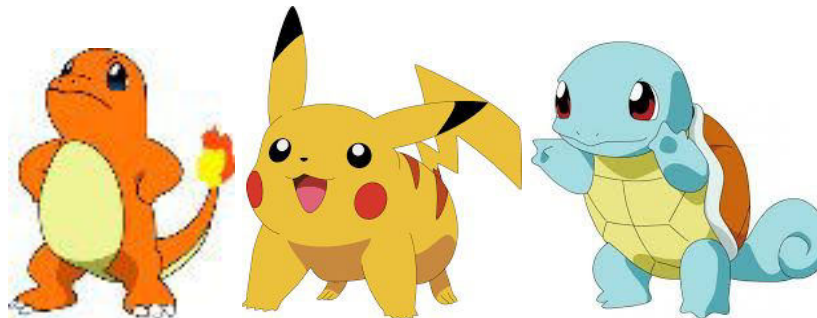


What do you think **Squirtle** looked like in **blue** zone?

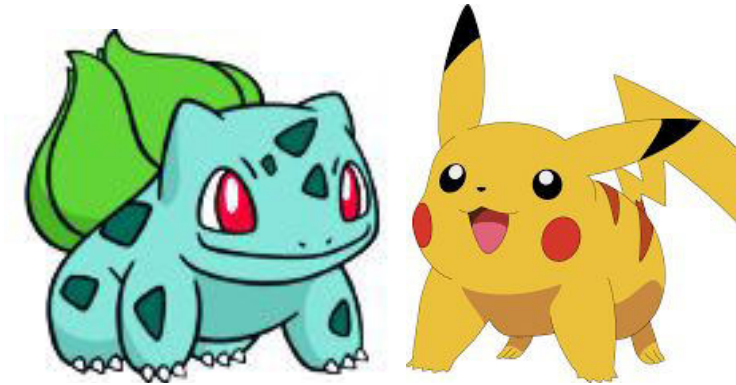
Bulbasaur did not like seeing
his friends in different zones!
Bulbasaur decided to help his
friends feel better.



“I can help my friends!”



Bulbasaur said to **Pikachu**, “Try taking some deep breaths. Maybe this will help you calm down!” **Pikachu** felt his belly rise and took 5 deep breaths.

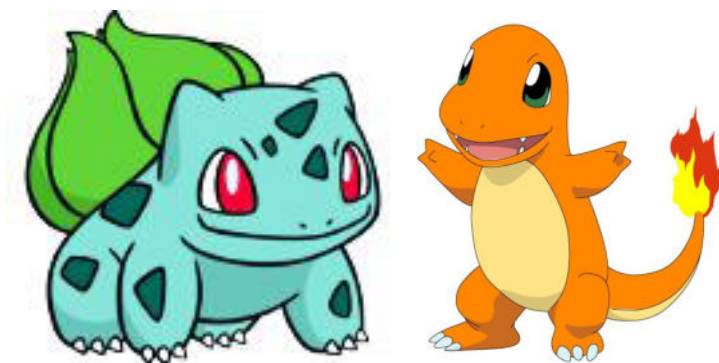


All better! Deep breathing helped me calm my body down!

Why don't you try?

1 - 2 - 3 - 4 - 5

Bulbasaur said to **Charmander**,
“Why don’t you squeeze your
hands tightly and count to 10?
Do this until you can control
your body again.”



Charmander said to **Bulbasaur**, “Wow!
I feel like I can control my body after
squeezing my hands and counting to
10!”

Why don’t you try?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Bulbasaur said to **Squirtle**, “You should go play with our friends to help you feel better! Playing games helps me feel better!”



Squirtle said, “I feel so much better playing games and having fun!”

Give your friend or teacher a high five!

**Charmander, Squirtle, and
Pikachu** were able to calm their
bodies and be like the
Bulbasaur.

Anytime you feel sad, silly, or mad,
be like **Bulbasaur** and calm your
body!

