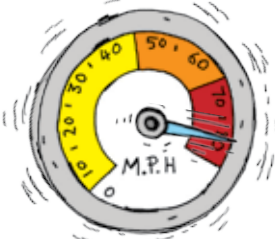


Check Your Engine

Your Engine Speed

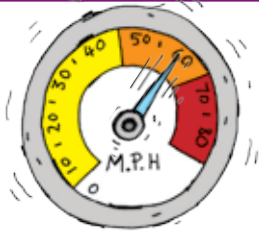
How do you feel at this speed?

80:
Too fast, out of control (you might crash!)



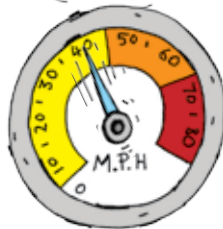
You might feel disorganized, angry, or scared. You may want to run or fight, or to tune out and shut down. Your behavior might get too wild. Or you might feel like you can't deal with anyone or anything for a while. This is a good time for a break.

60:
High energy



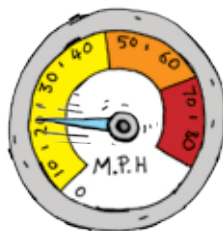
You might feel excited, energetic, and ready for a challenge. This is a good time to do some physical activity.

40:
Running smooth, humming and purring



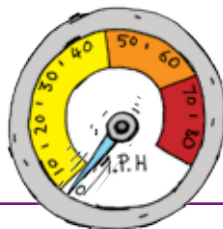
You might feel confident, happy, and tuned in. This is a good time for some mental activity, like learning.

20:
Running slow but still chugging along



You may not feel you're at your best, but you're getting somewhere—slowly. This is a good time for quiet activities, where people won't expect a lot out of you. If you still have homework or chores to do, you could try a little exercise so your engine speeds up again. (Aim for "40"—"80" is too fast.)

0:
Running too slow—you need a little push



You might feel bored or sad. It may be hard to do what a teacher, parent, or therapist tells you to. This is a good time to ask for some help and support.