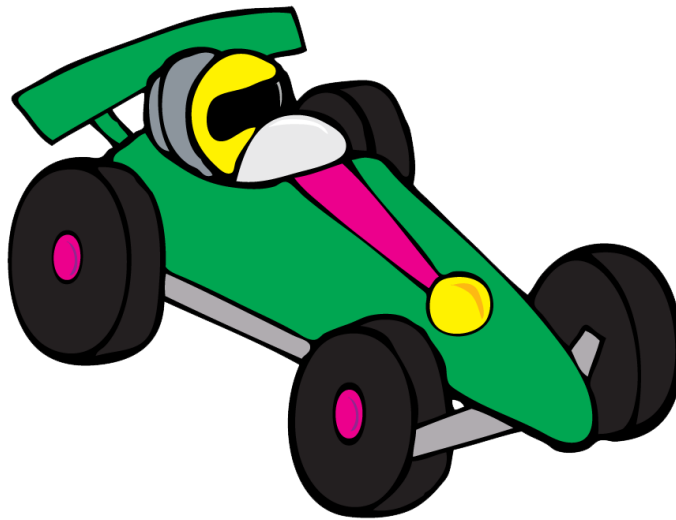
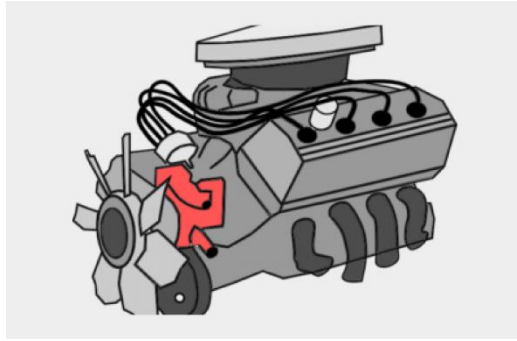


How is my Engine Running?

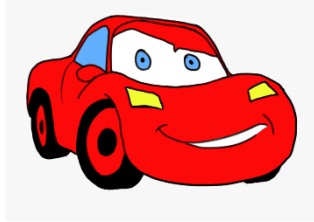


A Social Story for Self-Regulation

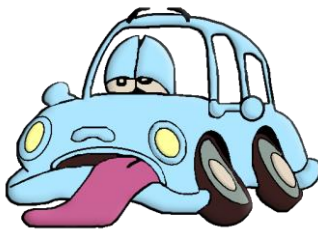
A car has an engine that makes it run



The engine can run **fast**



The engine can run **slow**



And the engine can run **just right**

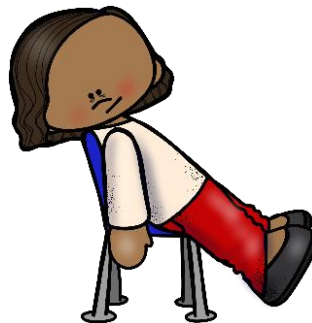


Just like a car, I have an engine
that makes me run

Sometimes my engine runs **fast**



Sometimes my engine runs **slow**



Sometimes my engine runs **just
right**



When my engine is running **fast**, I may feel angry, excited, frustrated, silly or wiggly.



I may find it difficult to pay attention, listen, sit quietly and get work done.

When my engine is running **slow**, I may feel sad, tired, or bored



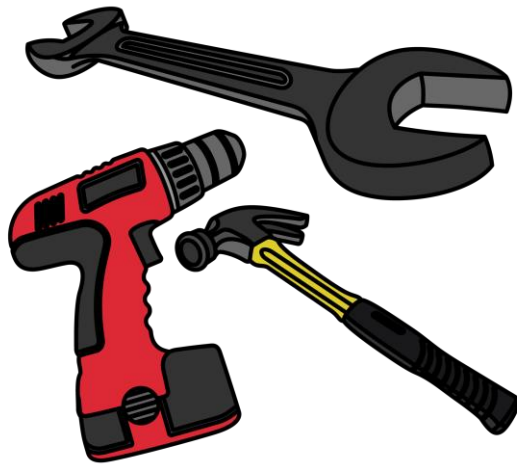
I may find it difficult to pay attention, focus, and get work done. I may feel sleepy and sluggish.

When my engine is running **just right**, I feel happy, calm, focused and ready to learn.



When I am in the “just right” state I can pay attention, get my work done, and have fun.

Like a Car needs work to help it run properly, sometimes I need to do things to help my engine run “just right”.



I can call these things “Tools”

Some tools I can use when my engine is running **too fast** are...



Blow Bubbles



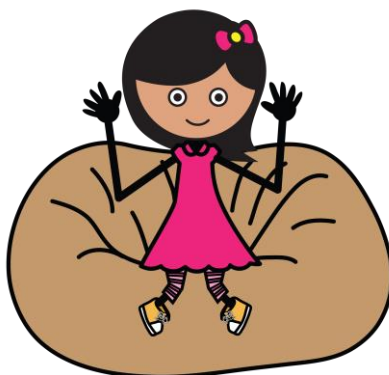
Get a Drink



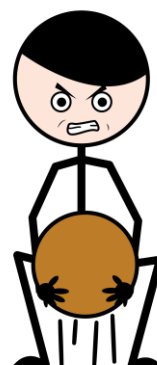
Animal Walks



Stress Ball
or Putty



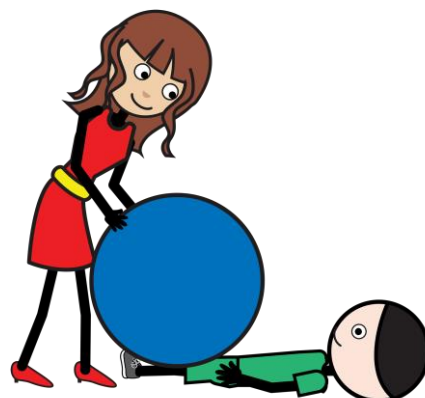
Take a Break



Heavy Work

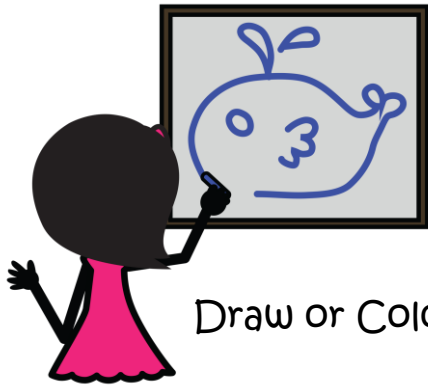


Wall Push-Ups



Steam Roller

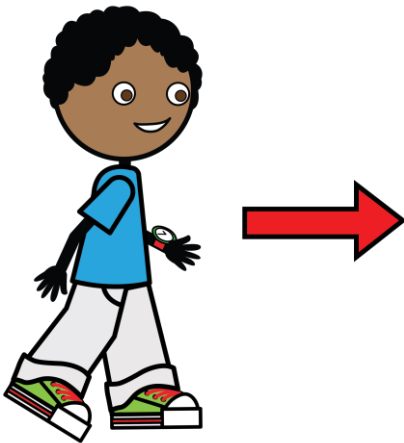
Some tools I can use when my engine is running **too slow** are...



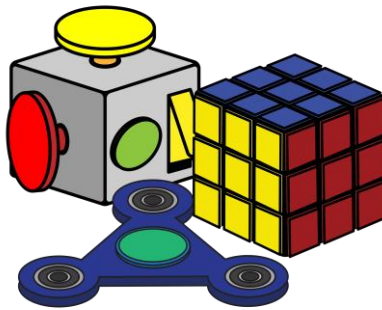
Draw or Color



Listen to Music



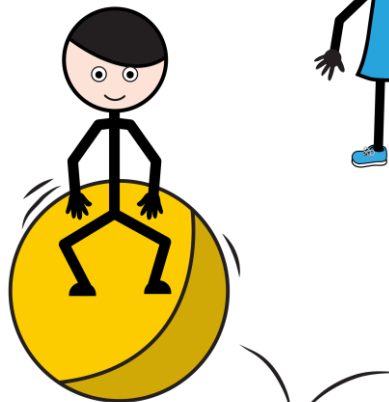
Talk a Walk



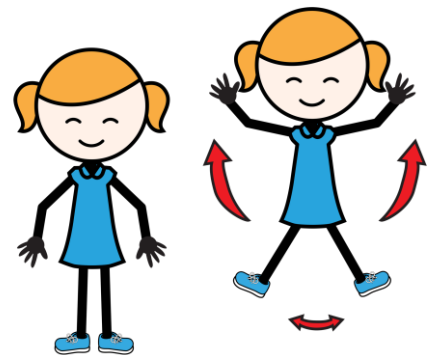
Use a Fidget



Dance

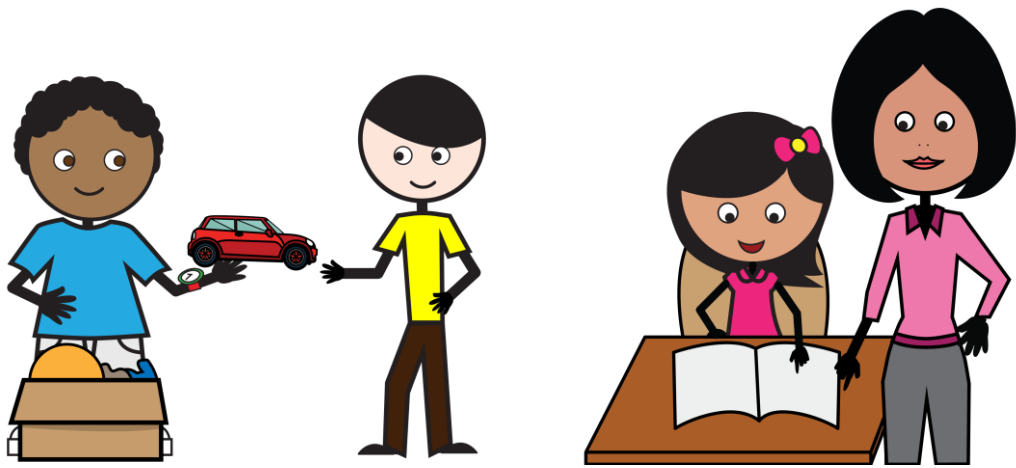


Bounce on Ball



Jumping Jacks

When I know how my engine is running,
I can then use the appropriate tools to
get back to the **just right** speed!



When my body is running “just right,”
I will feel comfortable and my friends,
family, and teachers will feel
comfortable too!

Thank You!



Thank you so much for downloading my product! I truly appreciate your business! I hope you and your kiddos love this resource!

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