## **Awake States with Stress Responses**

GREEN ZONE Just Right/Alert	<u>EYES</u>	BODY
	☐ Bright, shiny eyes	☐ Relaxed with good muscle tone
	☐ Looks directly at people, objects	☐ Stable, balanced and coordinated
	☐ Looks away for breaks, then returns to eye contact	movements
	☐ Seems alert, takes in information	☐ Infant moves arms and legs toward centre of the
	<u>FACE</u>	body
	☐ Smiles, shows joy	☐ Infant molds body into a caregiver when held
	☐ Neutral	☐ Moves faster or slower depending on environment
	☐ Can express all emotions	RHYTHM/RATE OF MOVEMENT
	<u>VOICE</u>	☐ Changes smoothly to respond to the environment
	☐ Laughing	☐ Movements not too fast or too slow
	☐ Tone changes	
RED ZONE Too Fast/Gas Pedal	<u>EYES</u>	☐ Hostile or grumpy
	☐ Open, squinted or closed eyes	☐ Sarcastic
	☐ May have direct, intense eye contact	☐ Out of control laughing
	☐ May avoid eye contact	BODY
	☐ Eyes roll upward	☐ Fingers spread out
	☐ Eyes look quickly around the room	☐ Arched back; tense body position
	<u>FACE</u>	☐ Constant motion
	☐ Wide, open mouth	☐ Demands space by pushing, shoving, and getting into
	☐ Anger, disgust	others' space
	☐ Frown, grimace	☐ Biting, hitting, kicking, jumping, throwing
	☐ Fake, forced smile	☐ Bumps into things, falls
	☐ Clenched jaw or teeth	☐ Threatening gestures (shakes finger or fist)
	<u>VOICE</u>	RHYTHM/RATE OF MOVEMENT
	☐ High-pitched crying, yelling or screaming	☐ Fast movements
	☐ Loud	☐ Impulsive movements
BLUE ZONE Too Slow/Brake	<u>EYES</u>	☐ Flat
	☐ Glazed-glassy eyes (looks through rather than at)	☐ Makes few to no sounds
	☐ Looks away for a long time, looks down	☐ Sounds cold, soft, sad, too quiet
	☐ Seems drowsy/tired	BODY
	☐ Does not look around the room for interesting items	
	☐ Looks at things more than people	☐ Low muscle tone
	FACE	Little or no exploring play or curiosity
	☐ Flat/blank	Wanders
	☐ Mouth turned down, sad	☐ Frozen or slow-moving
	☐ No smiles or hints of smiles	RHYTHM/RATE OF MOVEMENT
	☐ Few emotions shown	☐ Slow movements
-	VOICE	☐ Slow to start moving
COMBO ZONE Fast & Jerkv/Gas & Brake	<u>EYES</u>	☐ Moans or groans in pain
	☐ Wide open eyes	□ Whimpers
	☐ Looks around as if worried or scared	☐ Wobbly/quivering voice or fast changes
	☐ Stares at things	BODY
	☐ Rolling of the eyes	☐ Tense or rigid posture
	<u>FACE</u>	☐ Cowers or hides
	☐ Raised eyebrows	☐ Fast, repetitive movements (wrings hands, shakes
	☐ Furrowed brow	foot)
	☐ Trembling lips or mouth	☐ Trembling hands
	☐ Fake, forced grin	☐ Clings, grabs
	☐ Mouth wide open	☐ Flails around
	☐ Startled expression	RHYTHM/RATE OF MOVEMENT
	VOICE	☐ Fast movements
	☐ High-pitched, nasal, sing-song voice	☐ Jerkv movements