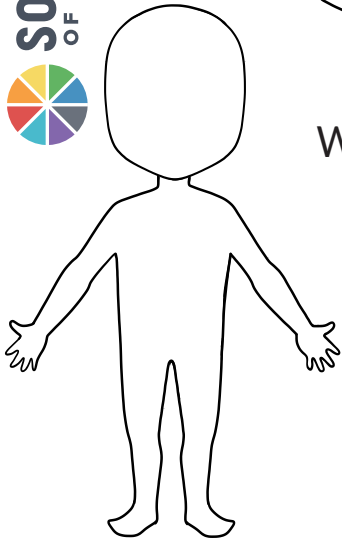


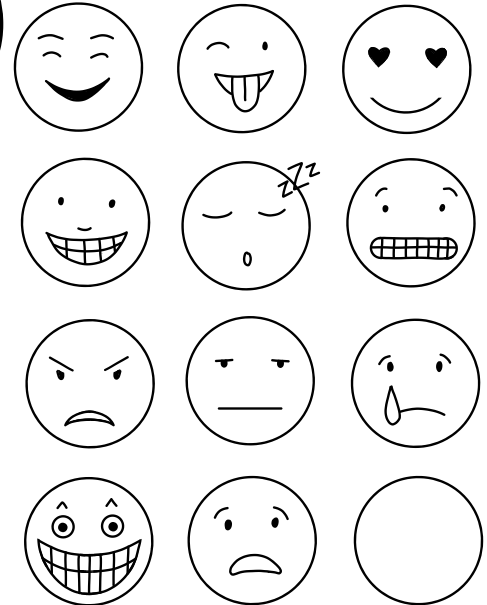
THE REGULATION RAILROAD WORKSHEET

Name: _____

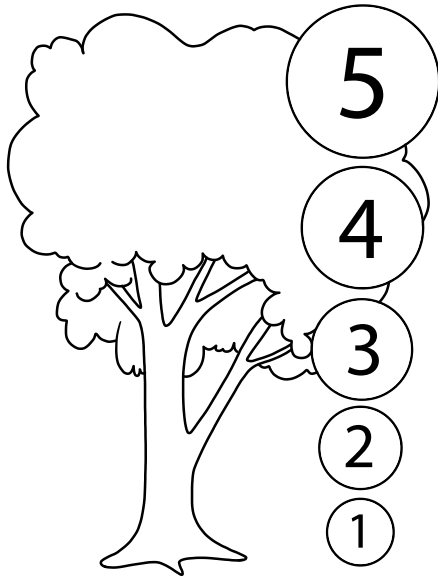


What do I Notice
in my Body?

What Emotion do I Feel?



How Big is the Emotion?



What will I do to Regulate Myself?

