

My Body is Like an Engine



Sometimes my engine runs HIGH!



**When my engine is running
HIGH I might feel...**



**Out of control &
not ready to learn**



Angry



Hyper & Wild



Sometimes my engine runs LOW.



**When my engine runs LOW
I might feel...**



No energy



Tired



Sad

**Sometimes My Engine
Runs JUST RIGHT!**



**When my engine runs
JUST RIGHT, I might feel...**



happy



ready to learn & play

When my engine runs JUST RIGHT, I can grow.



my heart,



my brain,

and my body



How is my engine running today?

LOW



JUST RIGHT



HIGH



Credits:

Mary Johnson and Sarah Crouse
Early Childhood OTs of Char-Em ISD

This book was inspired by
[The Alert[®] Program](https://www.alertprogram.com/) <https://www.alertprogram.com/>

And

The Ready CLASS Program by Angela L. Blackwell, PhD, and
students at University of Kansas Medical Center

And

[CASEL Social and Emotional Learning](http://www.casel.org) <http://www.casel.org>