

# Are you in the GREEN?

Step #1

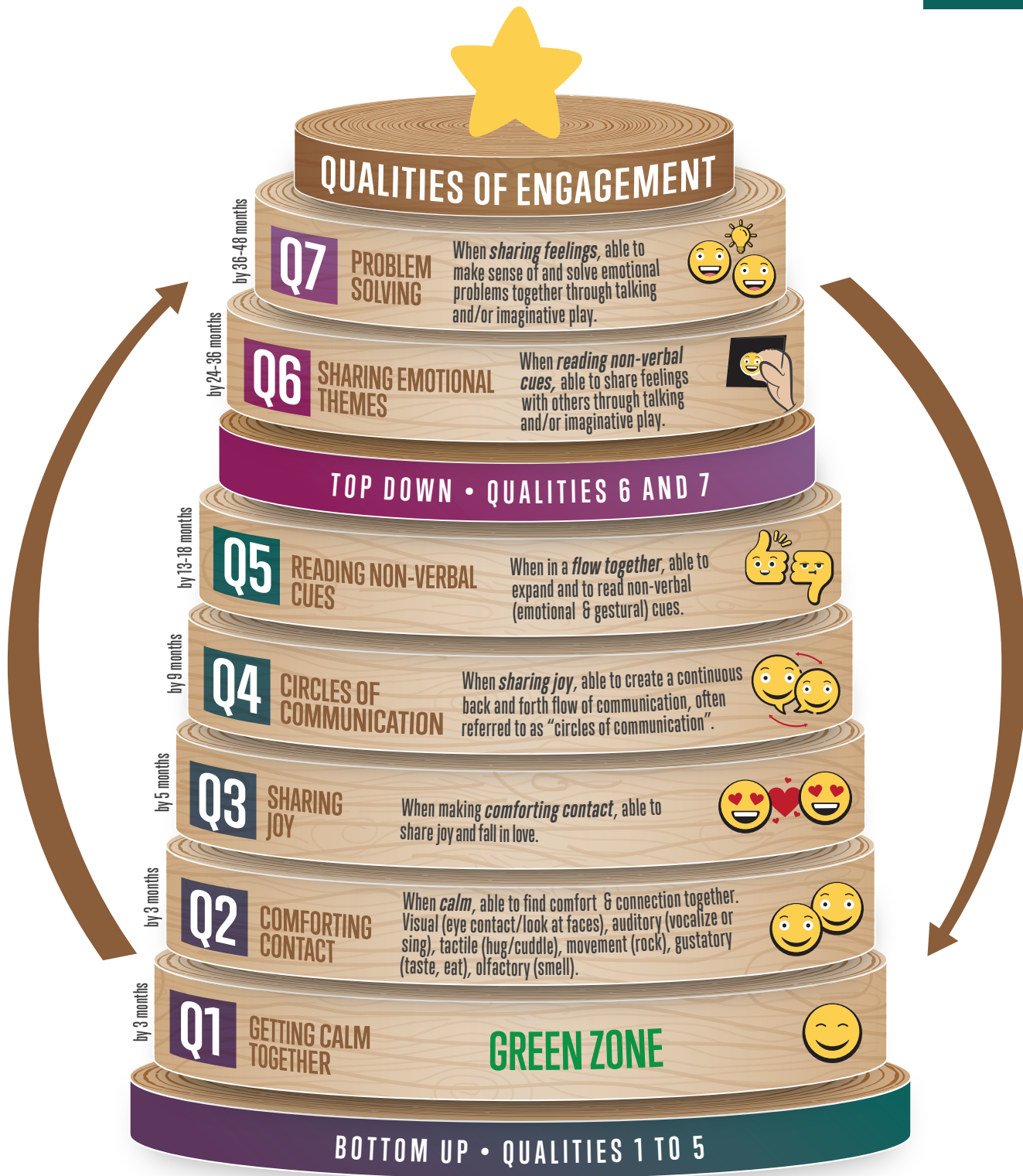


<p><b>RED ZONE</b> Too Fast/Gas Pedal</p>	<p><u>EYES</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Open, squinted or closed eyes</li> <li><input type="checkbox"/> May have direct, intense eye contact</li> <li><input type="checkbox"/> May avoid eye contact</li> <li><input type="checkbox"/> Eyes roll upward</li> <li><input type="checkbox"/> Eyes look quickly around the room</li> </ul> <p><u>FACE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wide, open mouth</li> <li><input type="checkbox"/> Anger, disgust</li> <li><input type="checkbox"/> Frown, grimace</li> <li><input type="checkbox"/> Fake/forced smile</li> <li><input type="checkbox"/> Clenched jaw or teeth</li> </ul> <p><u>VOICE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> High-pitched crying, yelling or screaming</li> <li><input type="checkbox"/> Loud</li> <li><input type="checkbox"/> Hostile or grumpy</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sarcastic</li> <li><input type="checkbox"/> Out of control laughing</li> </ul> <p><u>BODY</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fingers spread out; body sprawled</li> <li><input type="checkbox"/> Arched back; tense body position</li> <li><input type="checkbox"/> Constant motion</li> <li><input type="checkbox"/> Demands space by pushing, shoving, and getting into others' space</li> <li><input type="checkbox"/> Biting, hitting, kicking, jumping, throwing</li> <li><input type="checkbox"/> Bumps into things, falls</li> <li><input type="checkbox"/> Threatening gestures (shakes finger or fist)</li> </ul> <p><u>RHYTHM/RATE OF MOVEMENT</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fast movements</li> <li><input type="checkbox"/> Impulsive and/or jerky movements</li> </ul>
<p><b>BLUE ZONE</b> Too Slow/Brake</p>	<p><u>EYES</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Glazed-glassy eyes (looks through rather than at)</li> <li><input type="checkbox"/> Looks away for a long time, looks down</li> <li><input type="checkbox"/> Seems drowsy/tired</li> <li><input type="checkbox"/> Does not look around the room for interesting items</li> <li><input type="checkbox"/> Looks at things more than people</li> </ul> <p><u>FACE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flat/blank</li> <li><input type="checkbox"/> Mouth turned down, sad</li> <li><input type="checkbox"/> No smiles or hints of smiles</li> <li><input type="checkbox"/> Few emotions shown</li> <li><input type="checkbox"/> Low tone in the cheeks</li> </ul>	<p><u>VOICE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flat</li> <li><input type="checkbox"/> Makes few to no sounds</li> <li><input type="checkbox"/> Sounds cold, soft, sad, too quiet</li> </ul> <p><u>BODY</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Slumped/slouching</li> <li><input type="checkbox"/> Low muscle tone, floppy</li> <li><input type="checkbox"/> Little or no exploring play or curiosity</li> <li><input type="checkbox"/> Wanders</li> <li><input type="checkbox"/> Frozen or slow-moving</li> </ul> <p><u>RHYTHM/RATE OF MOVEMENT</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Slow movements</li> <li><input type="checkbox"/> Slow to start moving</li> </ul>
<p><b>COMBO ZONE</b> Fast &amp; Jerky/Gas &amp; Brake</p>	<p><u>EYES</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wide open eyes</li> <li><input type="checkbox"/> Looks around as if worried or scared</li> <li><input type="checkbox"/> Stares at things</li> <li><input type="checkbox"/> Rolling of the eyes</li> </ul> <p><u>FACE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Raised eyebrows</li> <li><input type="checkbox"/> Furrowed brow</li> <li><input type="checkbox"/> Trembling lips or mouth</li> <li><input type="checkbox"/> Seems in pain</li> <li><input type="checkbox"/> Mouth wide open</li> <li><input type="checkbox"/> Startled expression</li> <li><input type="checkbox"/> Nasal flaring</li> </ul> <p><u>VOICE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> High-pitched, nasal, sing-song voice</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whimpers</li> <li><input type="checkbox"/> Wobbly/quivering voice or fast changes in tone</li> </ul> <p><u>BODY</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tense or rigid posture</li> <li><input type="checkbox"/> Cowers, cringes, or hides</li> <li><input type="checkbox"/> Fast, repetitive movements (wrings hands, shakes foot)</li> <li><input type="checkbox"/> Trembling hands</li> <li><input type="checkbox"/> Clings/or grabs others</li> <li><input type="checkbox"/> Flails around</li> </ul> <p><u>RHYTHM/RATE OF MOVEMENT</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fast movements</li> <li><input type="checkbox"/> Jerky movements</li> </ul>
<p><b>GREEN ZONE</b> Just Right/Alert</p>	<p><u>EYES</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bright, shiny eyes</li> <li><input type="checkbox"/> Looks directly at people, objects</li> <li><input type="checkbox"/> Looks away for breaks, then returns to eye contact</li> <li><input type="checkbox"/> Seems alert, takes in information</li> </ul> <p><u>FACE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Smiles, shows joy</li> <li><input type="checkbox"/> Neutral</li> <li><input type="checkbox"/> Can express all emotions</li> </ul> <p><u>VOICE</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Laughing</li> <li><input type="checkbox"/> Changes in tone</li> </ul>	<p><u>BODY</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Relaxed with good muscle tone</li> <li><input type="checkbox"/> Stable, balanced and coordinated movements</li> <li><input type="checkbox"/> Moves arms and legs toward centre of the body</li> <li><input type="checkbox"/> Molds body into a caring adult when held</li> <li><input type="checkbox"/> Moves faster or slower depending on environment</li> </ul> <p><u>RHYTHM/RATE OF MOVEMENT</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Changes smoothly to respond to the environment</li> <li><input type="checkbox"/> Movements not too fast or too slow</li> </ul>

# THE NEURORELATIONAL FRAMEWORK'S

# Qualities of Engagement

## SUPPORT SOCIAL-EMOTIONAL DEVELOPMENT

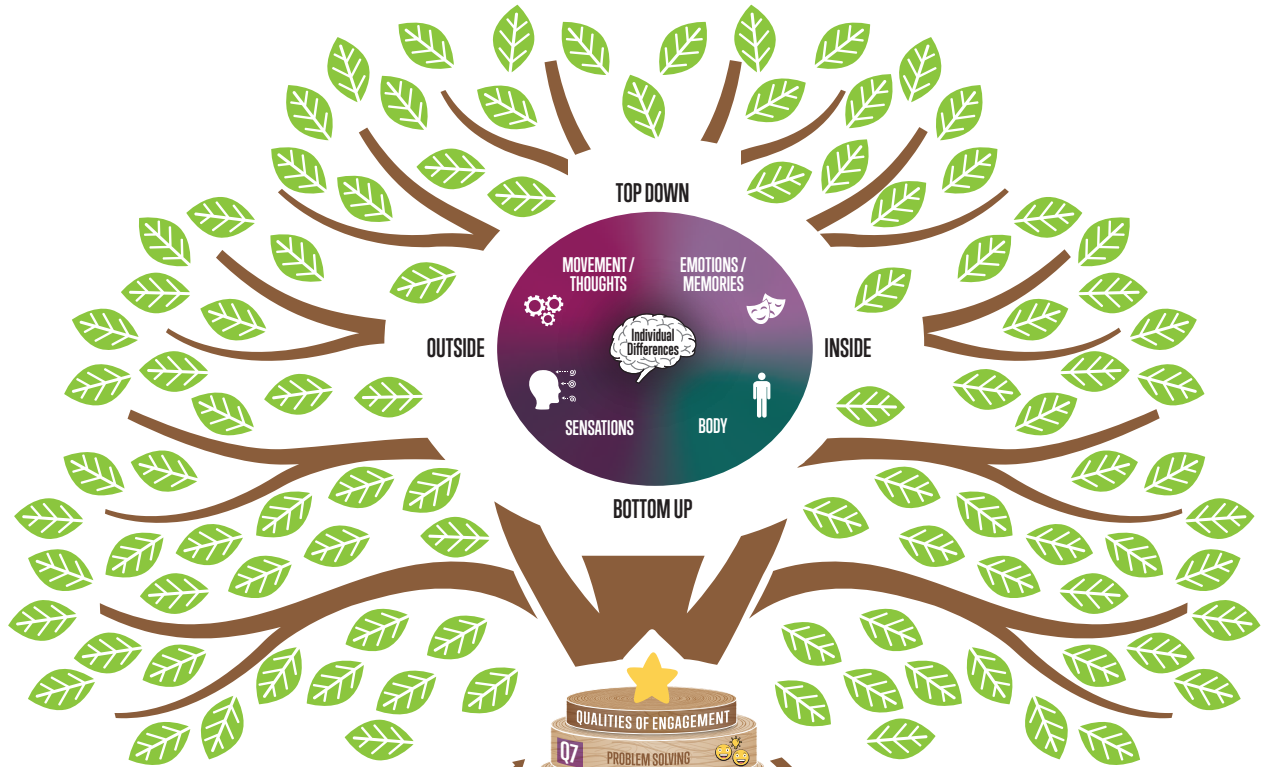


Adapted SE Milestones by C Lillas / Interdisciplinary Training Institute, 2014 Rev. 10.24.2018

From Greenspan, 1985; Greenspan & Wieder, 1988; Asix V from the Diagnostic Classification (R): 0-3

# THE NEURORELATIONAL FRAMEWORK'S Three Steps to Resilience

## STEP 3 INTEGRATED BRANCHES

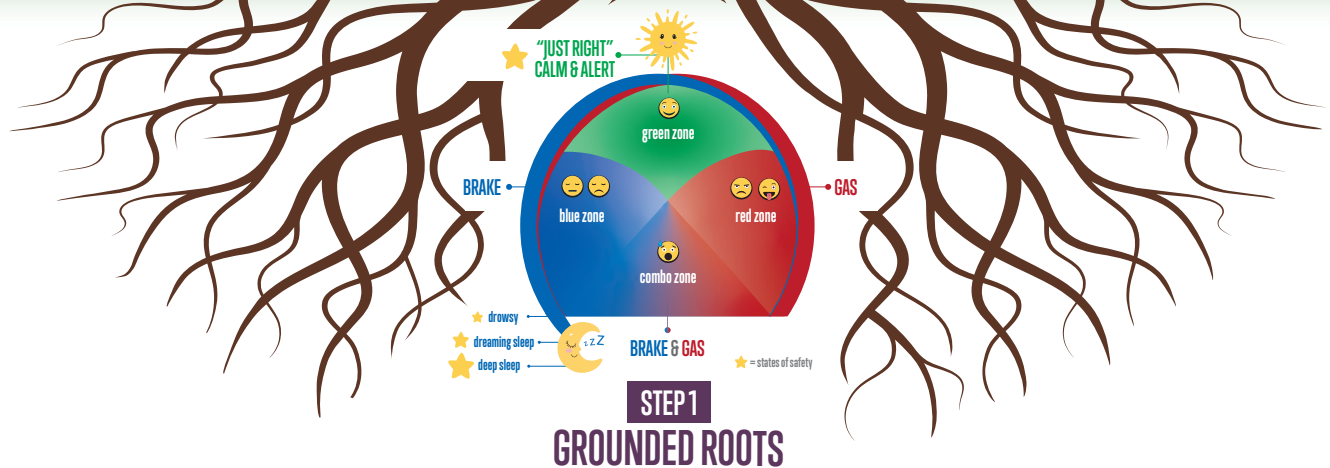


## STEP 2 SUPPORTIVE TRUNK



**NRF**  **RR**  
NEURORELATIONAL FRAMEWORK INSTITUTE  
**RESEARCH TO RESILIENCE**

Adapted by GRIT from unpublished NeuroRelational Framework (NRF) Manual by Connie Lillas, 2020.  
Graphic Design by Broken Arrow Solutions Inc.



## STEP 1 GROUNDED ROOTS