

Brain Power Strategy Card

ZONE 3

ZONE 2

ZONE 1

Frustration Zone
My brain has frozen.

- I feel lost. I do not know what the expectations are. *I think I have to...*
- I can't explain the steps to someone else. I do not yet know step 1.
- I do not have a plan. I do not know how to start X. My brain is overloaded and frozen. *I feel...*



If this happens, I need to...

Take 5 deep belly breaths.

Identify one thing I know I need to do or can do! *I can...*

Work with someone or by myself, to make a plan. *How can I break this BIG thing up into smaller parts?*

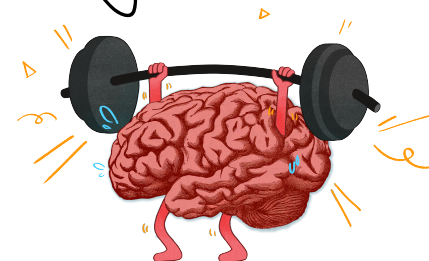
Growth Zone
My brain is working hard.

- I think I know what the expectations are and what to do. *I think I have to...*
- I can explain some steps/tasks to someone else. *I am confused with...*
- I know part of my plan to complete this task. *These are my steps so far...I do not know how to do X.*
- I know this is using a lot of brain power. My brain is working hard. *I can use my strategy of X. If I am stuck for more than 2 minutes, I WILL ask for help.*

Independent Growth Zone
My brain is working.

- I know what the expectations are and what to do. *I have to...*
- I can explain the steps and tasks to someone else. *The steps are...*
- I have a plan to complete this task. *My plan is...*
- I am confident *I can do this independently because...*

Which zone am I in?



Brain Power Strategy Card

ZONE 3

ZONE 2

ZONE 1

Frustration Zone
My brain has frozen.

Growth Zone
My brain is working hard.

Independent Growth Zone
My brain is working.

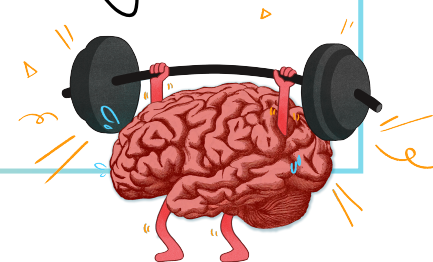
Zone 3 Work:

Zone 2 Work:

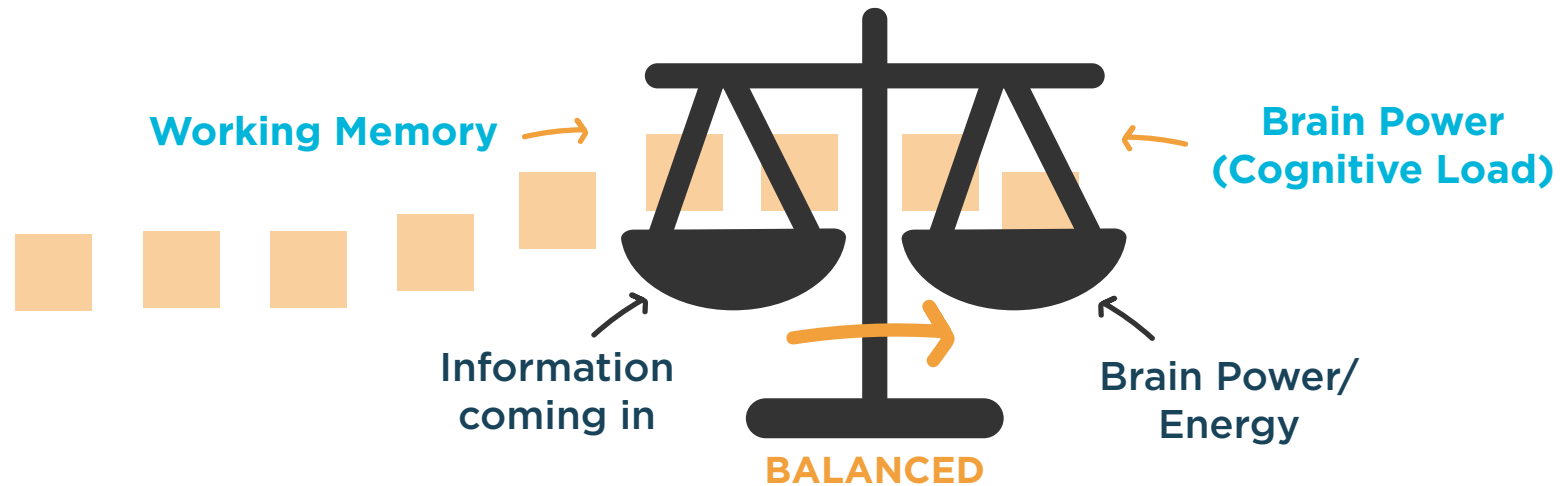
Zone 1 Work:

My Plan:

Let's make a plan!



Brain Power in **Zone 1 & Zone 2: Growth Zone**



Cognitive Overload **Zone 3: Brain is Frozen**

