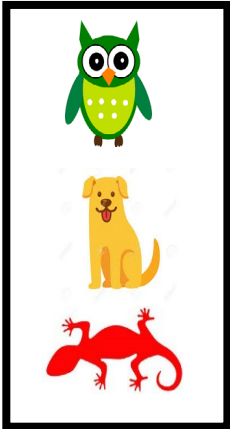
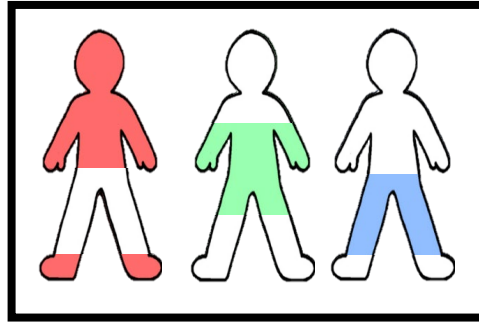


How do I know when I am regulated?



**In my owl brain.**  
I can stop and think.



**Braindrops in the middle.**  
I can control my body.



**Can take slow, deep breaths.**  
I can control my breathing.

**Am I regulated?**