

The Regulator...

		Excite-o-meter			Like-o-meter		
Fidgets	tangle	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	stress ball	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	sticky ball	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	ruler	Calming	Neutral	Exciting	Yuck	Okay	Awesome
Food	lollipops	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	gum	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	pretzels	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	mints	Calming	Neutral	Exciting	Yuck	Okay	Awesome
Outdoor Moving	running	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	jumping	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	walking	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	spinning	Calming	Neutral	Exciting	Yuck	Okay	Awesome
Indoor Moving	fingernail press	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	squeezing hands	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	chair push ups	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	bounce on toes	Calming	Neutral	Exciting	Yuck	Okay	Awesome
	deep breaths	Calming	Neutral	Exciting	Yuck	Okay	Awesome