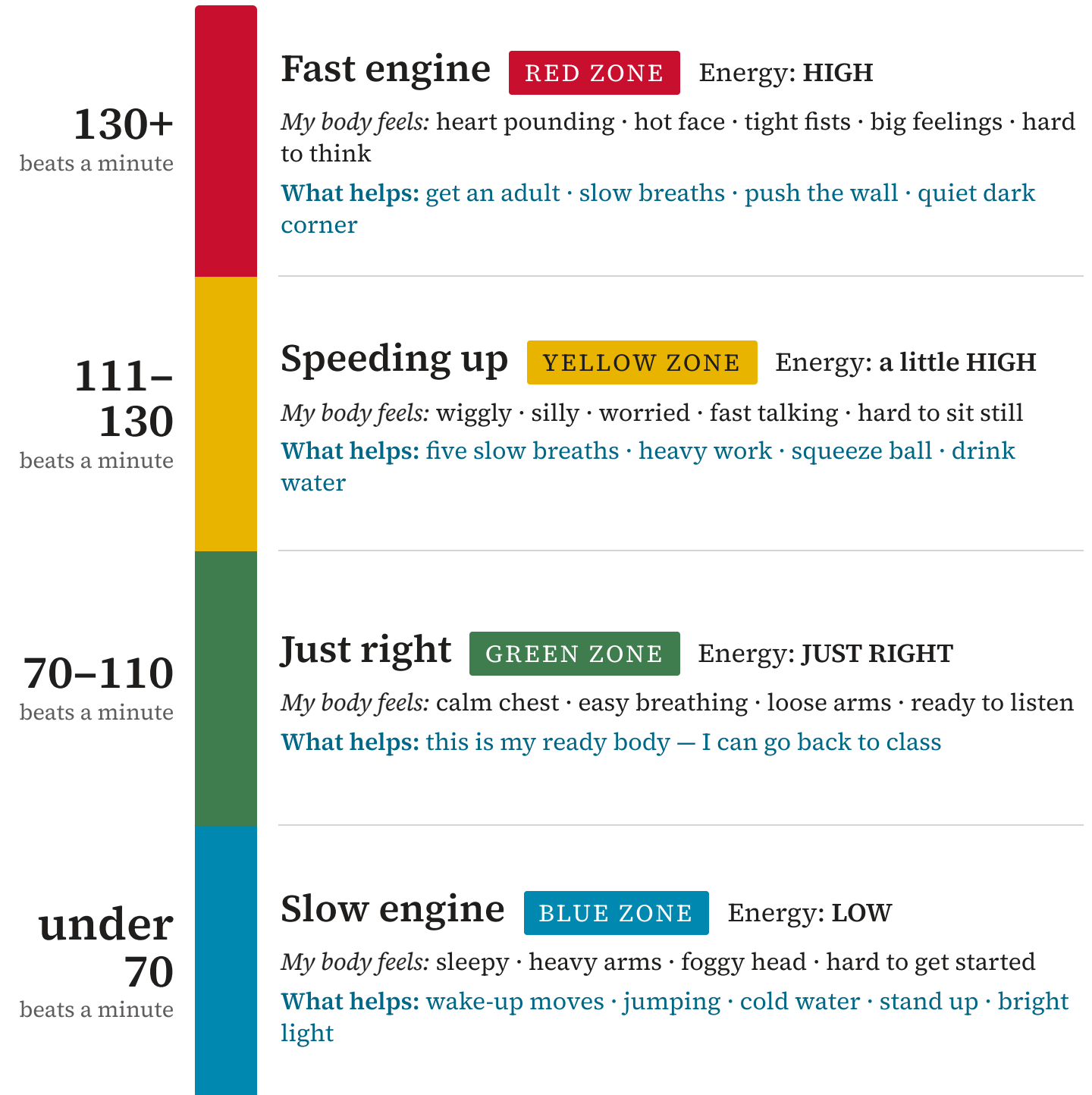


What is my heart telling me?

Put on the pulse oximeter.
Sit still and count to 20.
Read your number. Find it
below.



Just moved? Running and jumping make your heart go fast. That is healthy. Sit and rest for two minutes, then check again.

Oxygen (SpO₂) should be 97–100%. If it stays under 95%, tell the nurse.

Adult note: ranges are typical seated rates for ages 5–10. Use the student's own known baseline when there is one.

How is my body right now?

Date _____

1. Mirror check — my face looks

- ☐ I looked in the mirror ☐ calm ☐ worried ☐ mad ☐ sad ☐ silly ☐ tired
☐ other _____

2. Heart and breathing

My heart feels: ☐ slow ☐ just right ☐ fast

My breathing feels: ☐ slow ☐ just right ☐ fast

HEART RATE

OXYGEN

bpm

%

3. Body clues — check any that are true

- ☐ hungry ☐ thirsty ☐ tired ☐ need bathroom ☐ hot ☐ cold ☐ head hurts
☐ tummy hurts ☐ tight body ☐ wiggly body ☐ other _____

4. Put it together — my clues tell me my zone, my zone tells me my energy

MY HEART RATE IS IN THE

☐ BLUE☐ GREEN☐ YELLOW☐ RED

SO MY ENGINE IS

☐ low☐ just right☐ high

Does it match how my body feels? Say it out loud to your adult.

SO MY BODY NEEDS

☐ a break☐ help from an adult☐ to move my body☐ nothing — I am ready

I want to feel: ☐ calm ☐ focused ☐ awake ☐ ready

Name _____

Date _____

How is my body now?

1. Mirror check again — my face looks now

☐ I looked in the mirror ☐ calm ☐ worried ☐ mad ☐ sad ☐ silly ☐ tired

☐ other _____

2. Heart and breathing now

My heart feels: ☐ slow ☐ just right ☐ fastMy breathing feels: ☐ slow ☐ just right ☐ fast

HEART RATE

OXYGEN

bpm

%

3. Body clues now

☐ my body feels calmer ☐ my body feels ready ☐ still wiggly ☐ still tight

☐ head hurts ☐ tummy hurts ☐ thirsty ☐ hungry ☐ tired ☐ need bathroom

☐ other _____

4. Put it together again — what changed?

MY HEART RATE IS NOW IN THE

☐ BLUE☐ GREEN☐ YELLOW☐ RED

SO MY ENGINE IS NOW

☐ low☐ just right☐ high

MY NUMBER CHANGED BY

_____ bpm

☐ went down — calmer☐ went up — more awake☐ stayed the same

Am I ready to go back?

☐ Yes, I am ready ☐ Not yet — I need adult help before I go back

My one-sentence plan

“When I go back, I will _____.”

OR CHECK ONE

☐ listen to my teacher ☐ try my best ☐ use my quiet voice☐ keep my body safe ☐ ask for help if I need it☐ take a slow breath if I get big feelings ☐ be kind to my friends

Adult supporting: _____

Time out: _____

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