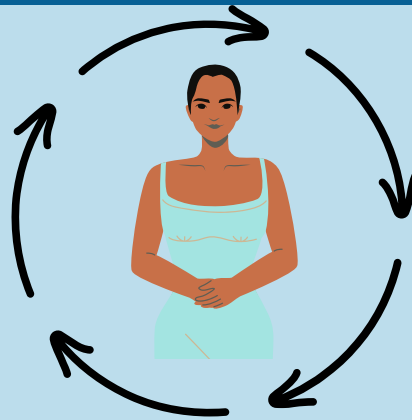


TRACKING Pt. 1

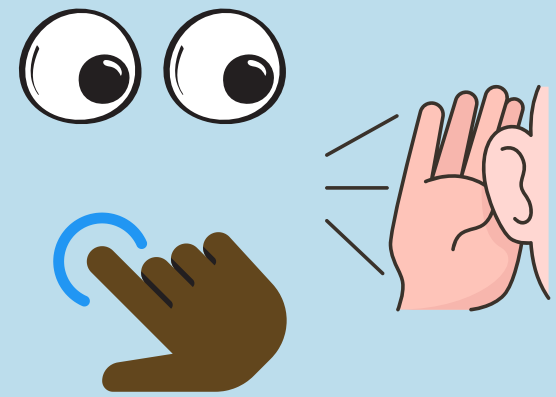
When I want to pay attention to my thoughts and feelings, I can use a skill called tracking.



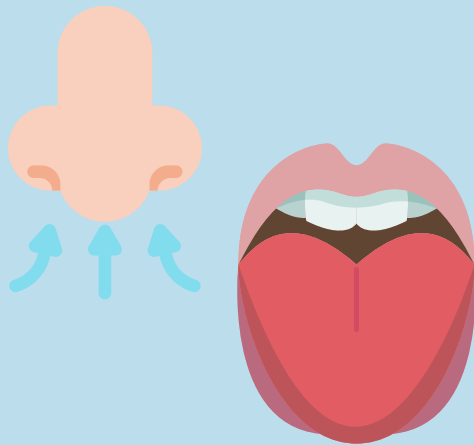
Tracking is when I use my senses to focus on all of the things happening in my body and to my thoughts and feelings.



I can pay attention to things I can see, hear, and feel.



I can pay attention to things I can smell and taste.



I can pay attention to how my body feels.



If my body feels comfortable, it might mean that I am in my resilient zone or OK zone.



TRACKING Pt. 2

If my body feels uncomfortable or I have feelings I do not like, it might mean that I am getting bumped out of my resilient zone or OK zone.



I can practice tracking by telling people I trust about the things I am thinking and feeling.



The more I practice tracking my thoughts and feelings the easier it will be to use this skill.

