

WINDOW OF TOLERANCE

How the nervous system affects learning and communication

AHH! TOO MUCH!

- on edge
- restless
- overwhelmed
- distracted
- angry

**THE WINDOW OF TOLERANCE
AKA - YOUR "ZONE"**

- able to reason and feel emotions
- calm, balanced
- able to concentrate
- able to communicate

UGH. TOO MUCH.

- feeling "meh"
- sluggish
- shut down
- spaced out

