

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

