

Zones of Regulation: Whole Body Listening

Whole body listening



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Whole body listening means having our



body

and our



brain

in the

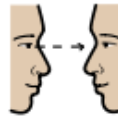


group.

Body is in the group



Sitting still



Facing

the

front



Hands

and



legs



still

Brain is in the group

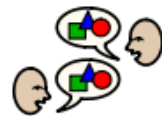


Think about

the



same

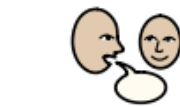


topic



Looking at

the



person talking

Who has their brain and body in the group?

