

Polyvagal Teen® Tracker Worksheets.



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyous, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,

tik tok @polyvagalnerd



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociate

Track states by beginning with gentle curiosity exploring these 3 key questions. This can help you to get to know your nervous system

- What gets me there ?
- What keeps me there?
- What takes me out of there?

Bringing into their awareness helpful and unhelpful behaviours and what impact it is having on their nervous system can support them in learning to regulate and create healthier connections.

www.Polyvagalteen.com - building better bonds with your teen

Polyvagal Teen® Copyright 2022

This download contains the following Polyvagal Teen® Tracker Worksheets:



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated

tik tok @polyvagalnerd

WEEKLY POLYVAGAL TEEN® STATES TRACKER SET TIMES LABELLED.



WEEKLY POLYVAGAL TEEN® STATES TRACKER LABEL YOUR OWN TIMES.



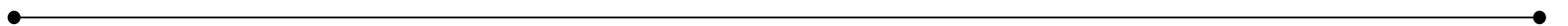
DAILY POLYVAGAL TEEN® STATES TRACKER 24 HOUR CLOCK.



DAILY POLYVAGAL TEEN® STATES TRACKER 12 HOUR CLOCK.



DRILL DOWN POLYVAGAL TEEN® STATES ISSUE/ EVENTS HOUR TRACKER - 15
MINUTE INTERVALS.



DRILL DOWN POLYVAGAL TEEN® STATES ISSUE/ EVENTS HOUR TRACKER -
CUSTOMISE INTERVALS.

www.Polyvagalteen.com - building better bonds with your teen

Polyvagal Teen® Copyright 2022

WEEKLY – MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of each day. If you prefer you can screenshot this and use it on your phone to track your state.

Polyvagal Teen® Copyright 2022

MON TUE WED THU FRI SAT SUN

before school



morning



lunchtime



afternoon



after school



home



MOST MEMORABLE TIME DURING YOUR WEEK & WHY?



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated

WEEKLY – MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of each day. If you prefer you can screenshot this and use it on your phone to track your state.

Polyvagal Teen® Copyright 2022

MON TUE WED THU FRI SAT SUN



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated,
isloated

	MON	TUE	WED	THU	FRI	SAT	SUN
•							
•							
•							
•							
•							
•							

YOUR MOST MEMORABLE TIME DURING YOUR WEEK & WHY?

DAILY – MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of the day. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

Polyvagal Teen® Copyright 2022

NAME & DATE



Safe & Social

Being & Doing
peaceful, calm, safe,
creative, curious,
joyous, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated

6.00



7.00



8.00



9.00



10.00



11.00



12.00



13.00



14.00



15.00



16.00



17.00



18.00



19.00



20.00



21.00



22.00



23.00



24.00



1.00



2.00



3.00



4.00



5.00



YOUR MOST MEMORABLE TIME TODAY & WHY?

DAILY – MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of the day. Add the time if it helps you. If you prefer you can screenshot this worksheet and use it on your phone to track your state.


NAME & DATE

Polyvagal Teen® Copyright 2022

 **Safe & Social**

Being & Doing
peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022








 **Mobilise**

Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,








 **Immobilise**

Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated








•-----•

•-----•

•-----•

•-----•

YOUR MOST MEMORABLE TIME & WHY?

DRILL DOWN - MY POLYVAGAL TEEN® STATES TRACKER

Think of a memorable event or issue that has happened in the last 7 day - mark, write colour or doodle which state you were/ are in for each 15 minutes of that event/ issue happening. Also jot down anything you think is important to you. If the event happened over a few hours you may need another sheet. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

EVENT/ ISSUE


Polyvagal Teen® Copyright 2022



Safe & Social

Being & Doing
peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

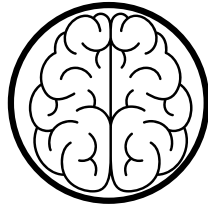
Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

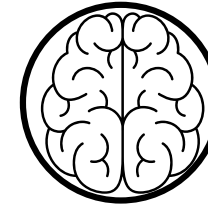
Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated

---.00



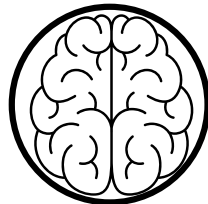
what do i remember?

---.15



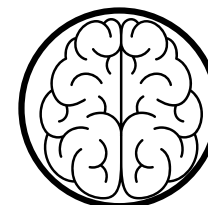
what do i remember?

---.30



what do i remember?

---.45



what do i remember?

DRILL DOWN - MY POLYVAGAL TEEN® STATES TRACKER

Think of a memorable event or issue that has happened in the last 7 day - mark, write colour or doodle which state you were/ are in for each 15 minutes of that event/ issue happening. Also jot down anything you think is important to you. If the event happened over a few hours you may need another sheet. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

EVENT/ ISSUE


Polyvagal Teen® Copyright 2022



Safe & Social

Being & Doing
peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

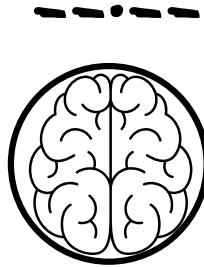
Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,

tik tok @polyvagalteen

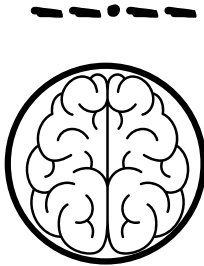


Immobilise

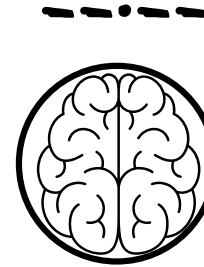
Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated



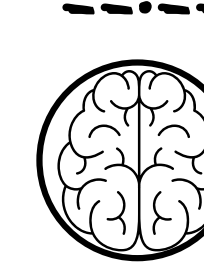
what do i remember?



what do i remember?



what do i remember?



what do i remember?

Polyvagal Teen[®] Tracker Worksheets.



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyous, connected.



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociate

tik tok @polyvagalteen

We have a number of resources & tools to support regulation.

Take a look at our website for training, online programs, therapy cards, board game, states tracker journal, posters and merch.



Follow us

www.Polyvagalteen.com - building better bonds with your teen