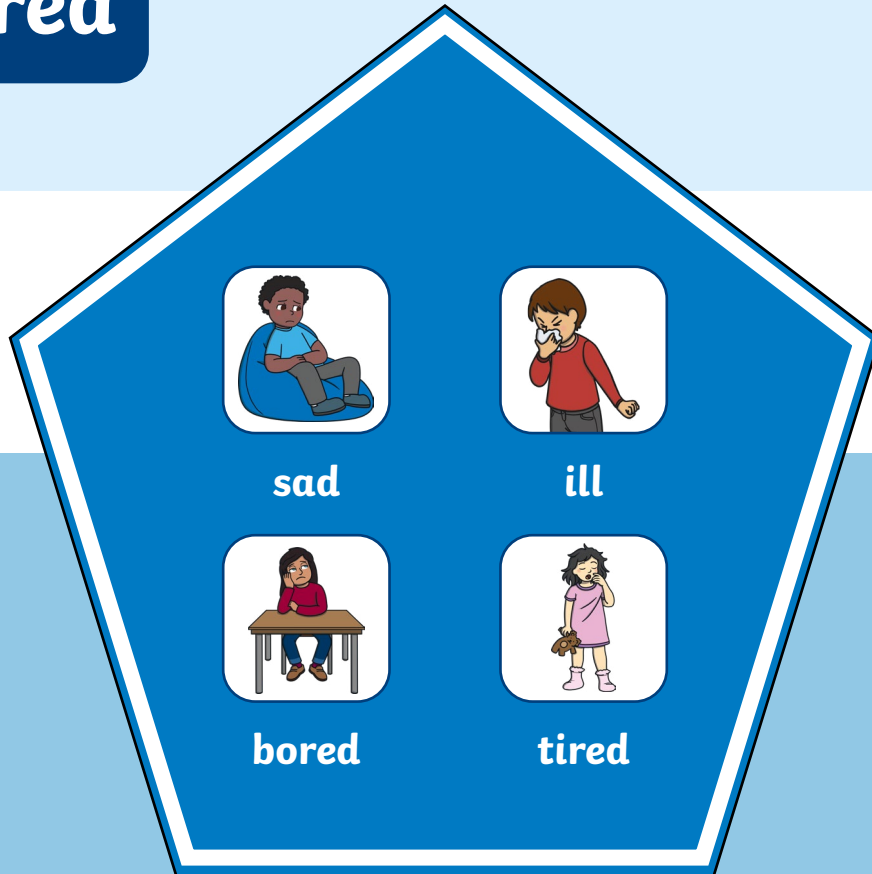


Blue Area



Blue Area Tools

- Stretch.
- Talk to somebody.
- Take a walk.
- Stand up.
- Close your eyes.
- Swing or rock gently.
- Do some wall push-ups.
- Stretch up high with your hands and then stretch down to your toes.
- Do some star jumps.
- Walk on your tiptoes.

Use this space to add your own.

Green Area



happy



calm



focused



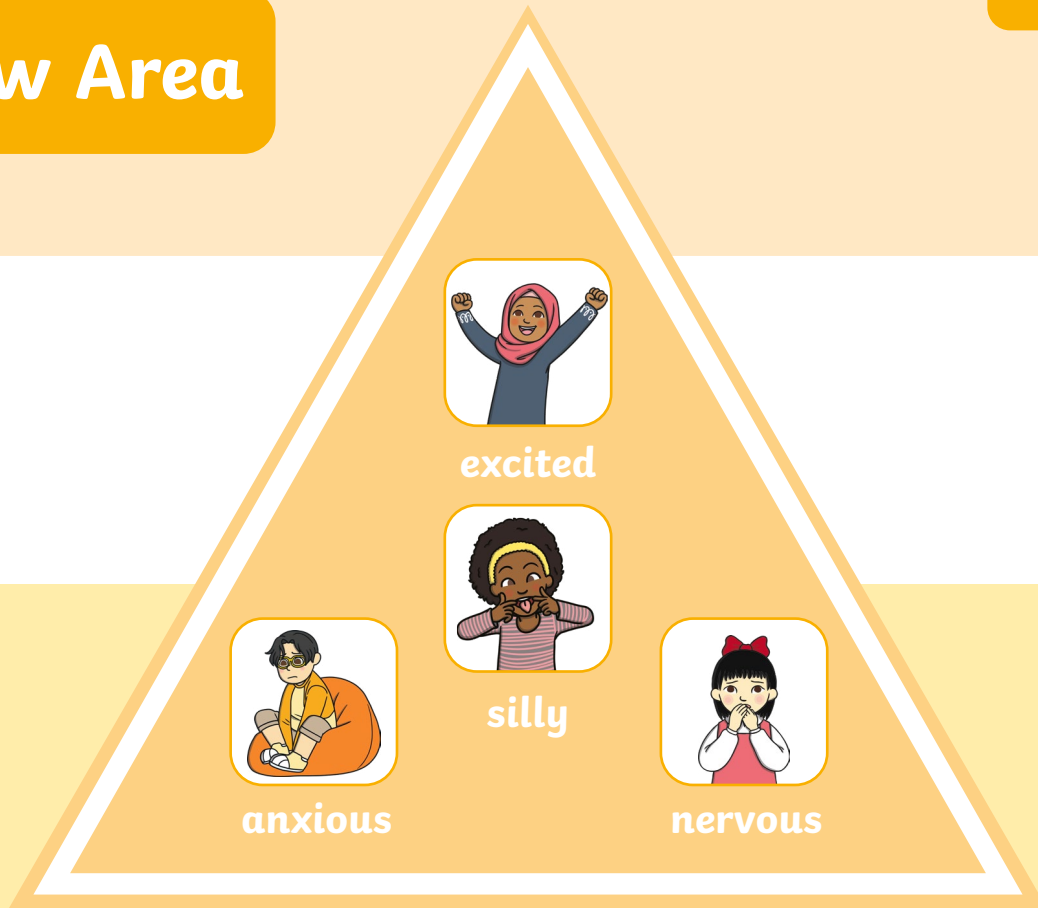
ready to learn

Green Area Tools

- Drink water.
- Have a healthy snack.
- Have enough sleep.
- Have sensory breaks.
- Have movement breaks.
- Have brain breaks.
- Do mindfulness activities.
- Do yoga stretches.
- Do PSHE (personal, social, health and economic) lessons.
- Have circle time.

Use this space to add your own.

Yellow Area



Yellow Area Tools

- Take time out.
- Take some deep breaths.
- Talk to somebody.
- Count to 20.
- Draw a picture.
- Squeeze something, like a cuddly toy.
- Concentrate on feeling the ground under your feet.
- Do some yoga stretches.
- Listen to some calming music.
- Blow bubbles.

Use this space to add your own.

Red Area



angry



frustrated



elevated



scared

Red Area Tools

- Take a break.
- Take deep breaths.
- Go to a safe place or a quiet zone.
- Stop what you're doing.
- Ask for help.
- Use a fidget object, like a stress ball.
- Talk about your feelings.
- Wrap your arms around yourself and give yourself a squeeze.
- Burst some bubble wrap.
- Scribble on scrap paper, scrunch it up into a ball and throw it in a bin.

Use this space to add your own.