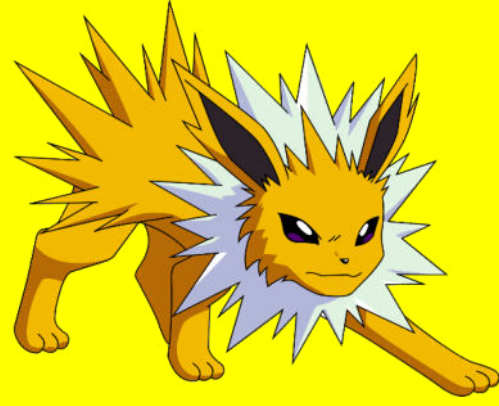


# HOW ARE YOU FEELING? CHOOSE YOUR ZONE!

GREEN ZONE	BLUE ZONE	YELLOW ZONE	RED ZONE
			
<b>If I am in the GREEN Zone, I am:</b> HAPPY CALM FOCUSED READY TO LEARN CONFIDENT BEING A NICE FRIEND	<b>If I am in the BLUE Zone, I am:</b> SAD UPSET TRIED SICK GUILTY BORED	<b>If I am in the YELLOW Zone, I am:</b> WORRIED ANXIOUS NERVOUS WIGGLY HYPERACTIVE SCARED	<b>If I am in the RED Zone, I am:</b> ANGRY MAD FRUSTRATED YELLING SCREAMING NOT BEING SAFE
<b>If I am in the GREEN Zone, I can:</b> LISTEN LEARN FOLLOW INSTRUCTIONS WORK HARD	<b>If I am in the BLUE Zone, I can:</b> ASK FOR A HUG HAVE A REST BREAK TALK TO A TEACHER GO TO THE ENGINE ROOM JUMP ON TRAMPOLINE DRAW THE PROBLEM	<b>If I am in the YELLOW Zone, I can:</b> READ A BOOK TALK TO A TEACHER DRAW A PICTURE OF THE PROBLEM GO TO SOFT FALL TO COLOUR-IN GO TO THE ENGINE ROOM	<b>If I am in the RED Zone, I can:</b> TAKE DEEP BREATHS GO FOR A WALK OR RUN GO TO SOFT FALL TO WALK GO TO THE ENGINE ROOM
<b>If I do these things:</b> I WILL LEARN I WILL HAVE MORE FRIENDS I WILL LIKE SCHOOL I WILL HAVE FUN	<b>If I don't do these things:</b> I WONT BE ABLE TO FEEL BETTER	<b>If I don't do these things:</b> I MIGHT GO IN TO THE RED ZONE I WONT BE ABLE TO FEEL BETTER	<b>If I don't do these things:</b> SAD FACES TIME OUT MY FRIENDS WILL HAVE TO LEAVE THE CLASSROOM MUM WILL BE SAD