



When



I'm

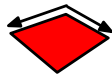


in

the



green



zone



I



might



feel



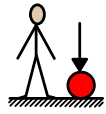
What



helps



me



stay



in

the



green



zone

is:



When



I'm



in

the



blue



zone



I



might



feel



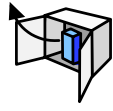
What



helps



me

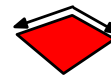


get out

of the



blue



zone

is:



When



I'm



in

the



yellow



zone



I



might



feel



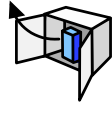
What



helps



me



get out

of the



yellow



zone

is:



When



I'm



in

the



red



zone



I



might



feel



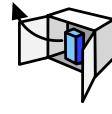
What



helps



me



get out

of the

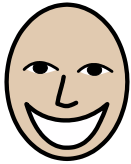


red

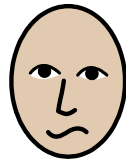


zone

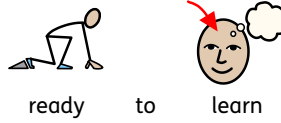
is:



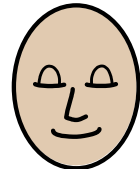
happy



ok



ready to learn



calm



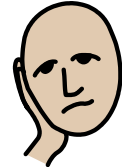
sad



sick



tired



bored



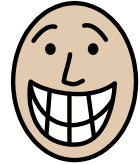
frustrated



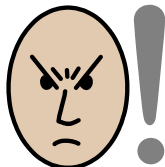
worried



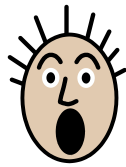
silly



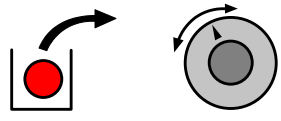
excited



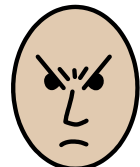
mad



terrified



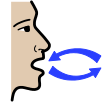
out of control



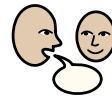
angry



time out



breathing



talking



running



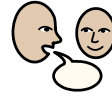
light room



toys



animal



talking



walk



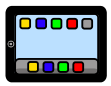
reading



my own time



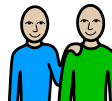
softplay



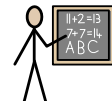
ipad



computer



friends



teachers



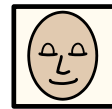
dancing



drawing



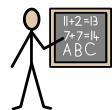
outside



calm room



hug



teachers



shouting
