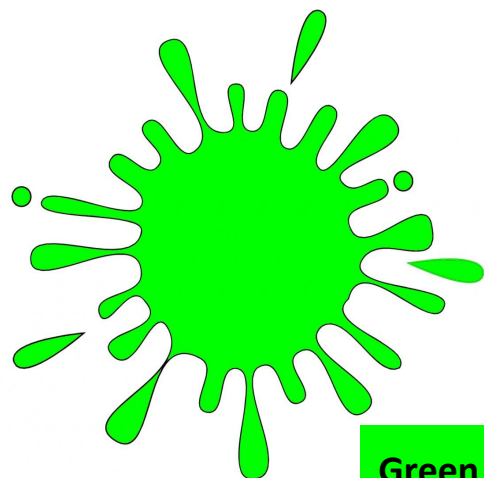


The GREEN zone

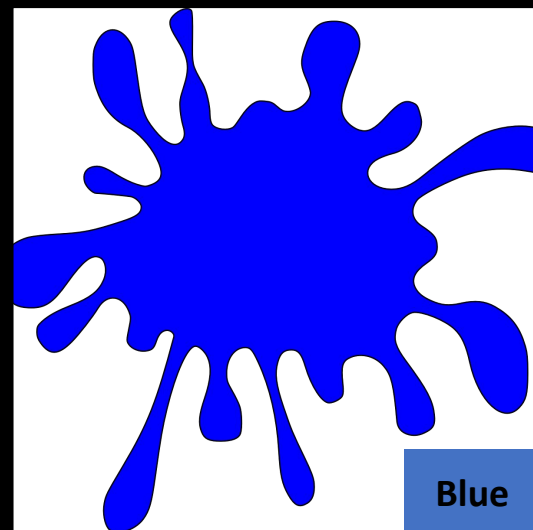
The BLUE zone

The YELLOW zone

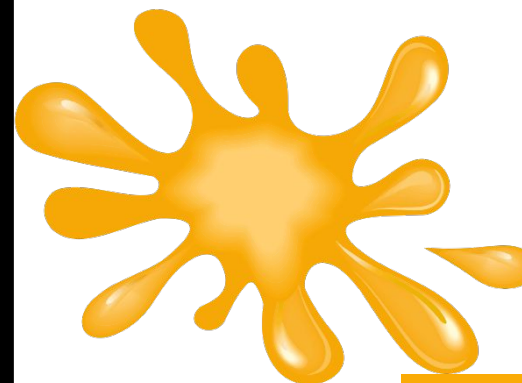
The RED zone



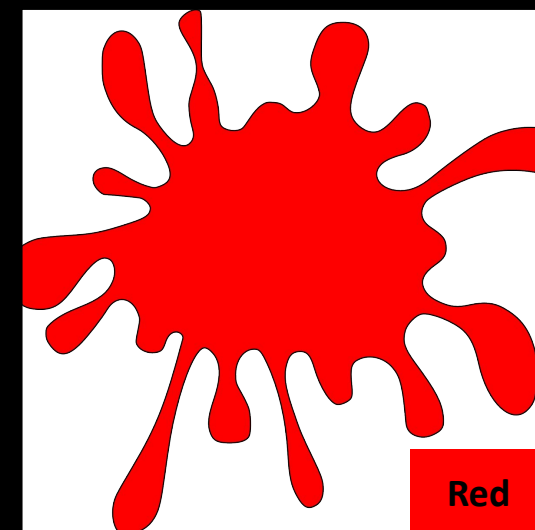
Green



Blue



Yellow



Red

How might you feel?

happy  
okay  
focussed  
ready to learn

What might help you?

The goal of this  
exercise is to get to  
the GREEN zone.  
What can you do to  
be happy, calm and  
ready to learn?

How might you feel?

sad  
tired  
bored  
moving slowly

What might help you?

Talk to someone  
Stretch  
Take a brain break  
Stand  
Take a walk  
Close my eyes

How might you feel?

nervous  
confused  
silly  
not ready to learn

What might help you?

Talk to someone  
Count to 20  
Take deep breaths  
Squeeze something  
Draw a picture  
Take a brain break

How might you feel?

angry  
frustrated  
scared  
out of control

What might help you?

Stop what I'm doing  
Make sensible choices  
Take deep breaths  
Ask for a break  
Find a safe space  
Ask for help