

My choices... when I am feeling...



1

2

3

4

5

happy

sad

worried

frustrated

angry

I can work, I can chat, I feel good

I'm struggling to concentrate, please help me

Help me by talking things through

I am struggling I need some time out

I need time to calm before I can listen

my choices



I am ready to learn



I can help others



I need to talk to someone



I can calm by colouring



I can move and stretch



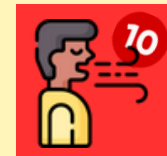
I can have a drink



I use my fidgets



I have a movement break



I breathe and count to calm



I have some time on my own