

WHAT CAN I DO TO FEEL BETTER ?

*In control but need to use
a strategy*



If I am:

Sad
Hurt
Lonely
Unwell
Tired
Bored
Not ready to learn

I can try:

- Talking to a teacher or TA
- Being with a friend
- Asking to have a drink or snack

Ready to learn



If I am:

Ok
Calm
Happy
Focused
Ready to Learn

I can try:

- Well done - keep going!
- Taking on a challenge
- Helping a friend.

Loss of some control



If I am:

Excited
Silly
Fidgety
Anxious
Nervous
Overactive

I can try:

- Talking to a Teacher or TA
- Asking for a drink
- Reading a book

*Loss of control/self-
regulation*



If I am:

Angry/Mad
Hot
Hands On
Ready to Explode
Irritated
Terrified

I can try:

- Taking off my jumper
- Asking for a drink
- Counting to 10
- Time Out
- Mindful Colouring