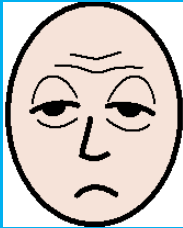
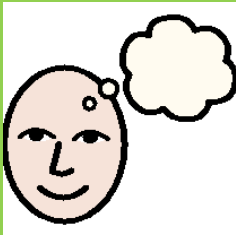
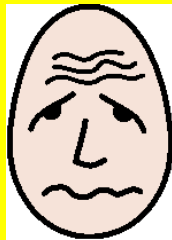


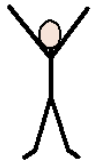



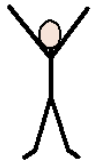












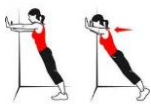



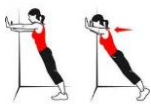










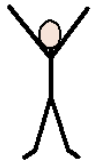








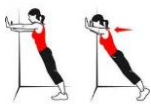







<p>Blue Zone</p>  <p>Going slow</p>	<p>Green Zone</p>  <p>Good to go</p>	<p>Yellow Zone</p>  <p>Caution Starting to lose control</p>	<p>Red Zone</p>  <p>Stop! Out of control</p>																
<p>E.g. sad, sick, tired, bored</p>	<p>E.g. happy, calm, focused, ok</p>	<p>E.g. worried, excited, annoyed</p>	<p>E.g. angry, terrified, elated</p>																
<table border="1"> <tr> <td data-bbox="206 842 412 1062">  Drink some water </td> <td data-bbox="412 842 631 1062">  Stretch </td> </tr> <tr> <td data-bbox="206 1062 412 1283">  Dance to music </td> <td data-bbox="412 1062 631 1283">  Star jumps </td> </tr> </table>	 Drink some water	 Stretch	 Dance to music	 Star jumps	<table border="1"> <tr> <td data-bbox="674 842 880 1062">  Movement break </td> <td data-bbox="880 842 1095 1062">  Focus </td> </tr> <tr> <td data-bbox="674 1062 880 1283">  Eat or drink </td> <td data-bbox="880 1062 1095 1283">  Enjoy a hobby </td> </tr> </table>	 Movement break	 Focus	 Eat or drink	 Enjoy a hobby	<table border="1"> <tr> <td data-bbox="1133 842 1348 1062">  Put ear defenders on </td> <td data-bbox="1348 842 1563 1062">  Use a fiddly </td> </tr> <tr> <td data-bbox="1133 1062 1348 1283">  Wall or chair push-ups </td> <td data-bbox="1348 1062 1563 1283">  Take deep breaths </td> </tr> </table>	 Put ear defenders on	 Use a fiddly	 Wall or chair push-ups	 Take deep breaths	<table border="1"> <tr> <td data-bbox="1594 842 1809 1062">  Stay safe </td> <td data-bbox="1809 842 2024 1062">  Take time to calm down </td> </tr> <tr> <td data-bbox="1594 1062 1809 1283">  Find a space to run around outside (away from others) </td> <td data-bbox="1809 1062 2024 1283">  Bash a sofa cushion (away from others) </td> </tr> </table>	 Stay safe	 Take time to calm down	 Find a space to run around outside (away from others)	 Bash a sofa cushion (away from others)
 Drink some water	 Stretch																		
 Dance to music	 Star jumps																		
 Movement break	 Focus																		
 Eat or drink	 Enjoy a hobby																		
 Put ear defenders on	 Use a fiddly																		
 Wall or chair push-ups	 Take deep breaths																		
 Stay safe	 Take time to calm down																		
 Find a space to run around outside (away from others)	 Bash a sofa cushion (away from others)																		

1