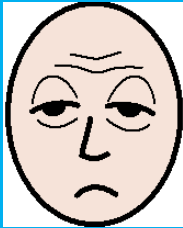
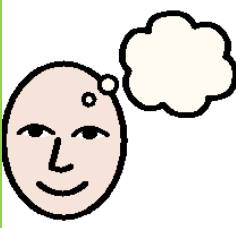
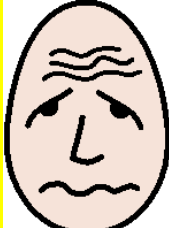
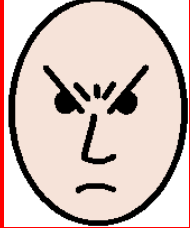


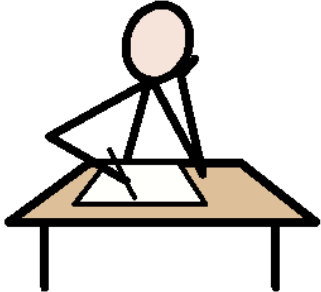














<p>Blue Zone</p>  <p>Going slow</p>	<p>Green Zone</p>  <p>Good to go</p>	<p>Yellow Zone</p>  <p>Caution Starting to lose control</p>	<p>Red Zone</p>  <p>Stop! Out of control</p>			
<p>E.g. sad, sick, tired, bored</p>	<p>E.g. happy, calm, focused, ok</p>	<p>E.g. worried, excited, annoyed</p>	<p>E.g. angry, terrified, elated</p>			
 <p>Stretch</p>	 <p>Drink some water</p>	 <p>Stay focused</p>	 <p>Put ear defenders on</p>	 <p>Use a fiddly</p>	 <p>Stay safe</p>	 <p>Take time to calm down</p>
 <p>Star jumps</p>	 <p>Run round the playground</p>		 <p>Listening</p>  <p>Looking</p>  <p>Thinking</p>	 <p>Go to the quiet room for 5 minutes</p>	 <p>Take deep breaths</p>	 <p>Go to the quiet room to calm down</p>