How are you feeling?

Sad Poorly Lonely / left out Tired Under the weather	Ready to go! Happy Calm Brain box is on! Relaxed	Sad Worried Anxious Butterflies Cheeky Silly Wiggly Saying unkind things Confused I might cry	Terrified Petrified I might cry Angry cross Shouting Hitting Saying mean things
TOO SLOW Sing Jump Have a run around Draw /colour something Find a friend Cuddle a toy	GOOD TO GO Enjoy learning Keep smiling Be kind Challenge yourself Include others to make them feel green	WARNING – SLOW DOWN Calm down Have some peace and quiet Find a friend to play with them Have a rest / quiet time Tell a teacher Think Sing Cuddle a toy	STOP! Have some peace and quiet Calm down and relax Tell a teacher Say sorry Think happy thoughts Tell the truth Have a few minutes on your own