

Feeling Blue



Sick/Unwell
Sad/Upset
Tired/Sleepy
Bored
Disappointed
Down in the Dumps

Teach **THIS**

I CAN TRY THESE TOOLS:



Relaxing



Talk to
an Adult



Try Deep
Breathing



Listen to
Music

Feeling Green



Calm
Good to Go
Happy/Cheerful
Ready to Learn
Focused
Just Right

Teach **THIS**

I CAN DO THESE:



Learn



Listen

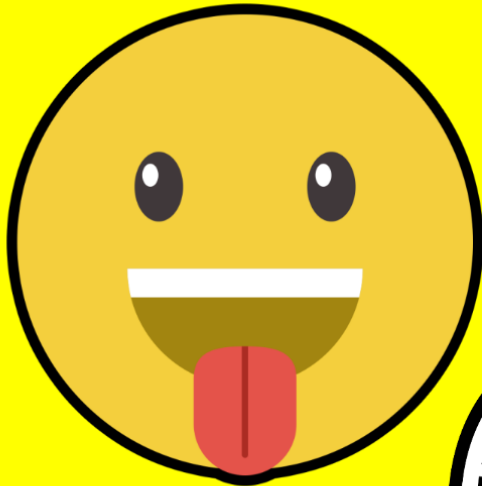


**Work
Hard**



**Positive
Behaviours**

Feeling Yellow



Frustrated
Worried
Silly/Wriggly
Anxious
Excited
Embarrassed

Teach **THIS**

I CAN TRY THESE TOOLS:



Take a
Break



Get a
Drink



Walk



Focus on a
Small Task

Feeling Red



Out Of Control
Hitting
Yelling
Mean
Mad/Angry
Terrified

Teach **THIS**

I CAN TRY THESE TOOLS:



Take a
Break



Try Deep
Breathing











Walk
or Run



Do an
Enjoyable
Activity









How do I feel?

 	 	 	 
<p>Sick/Unwell Sad/Upset Tired/Sleepy Bored Disappointed Down in the Dumps</p>	<p>Happy/Cheerful Calm Good to Go Focused Ready to Learn Just Right</p>	<p>Frustrated Worried Silly/Wiggly Anxious Excited Embarrassed</p>	<p>Out Of Control Yelling Hitting Mean Mad/Angry Terrified</p>

Teach THIS

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How do I feel?

 	 	 	 
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Teach THIS

Self-Regulation Gauge

