

EMOTIONS

BLUE FEELINGS

Going slow...
Service Break



Sad



Unwell



Tired



Bored

Moving slowly

Blue feelings toolbox

GREEN FEELINGS

Good to
GO



Happy



Calm



Focused



Feel ok

Ready to learn

Green feelings toolbox

YELLOW FEELINGS

Take
Caution



Frustrated



Silly



Worried



Excited

Loss of some control

Yellow feelings toolbox

RED FEELINGS

STOP
Danger



Angry



Terrified



Elated



Yelling/
hitting

Out of control

Red feelings toolbox

What can help when you have emotions from the different groups? Put your favourite ideas into the toolboxes and add your own too.



Count to 10



Sleep



Work



Deep breaths



Music



Garden



Tell an adult how I am feeling



Dance



Walk or jog



Drink of water



Play