EMOTIONS

Blue feelings

Going slow...
Service Break
1/2 Mile

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

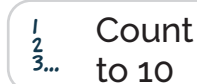|	
Angry	Terrified
Elated	Yelling/ hitting

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.
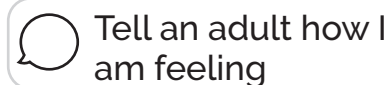
- Count to 10
- Sleep
- Work
- Deep breaths
- Music
- Garden
- Tell an adult how I am feeling
- Dance
- Walk or jog
- Drink of water
- Play