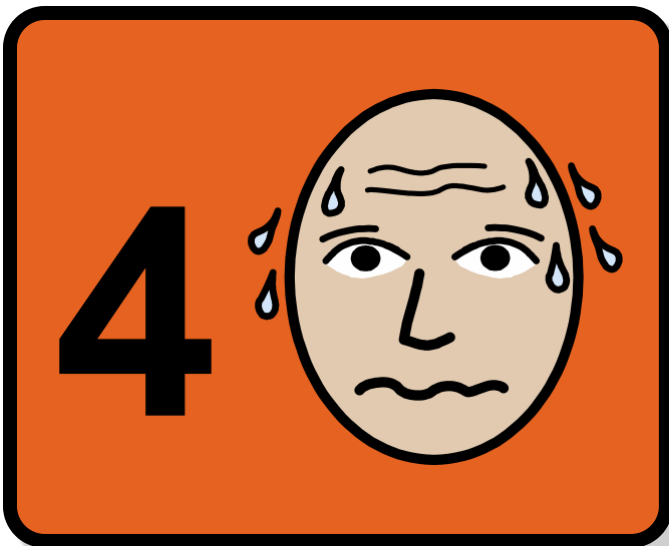


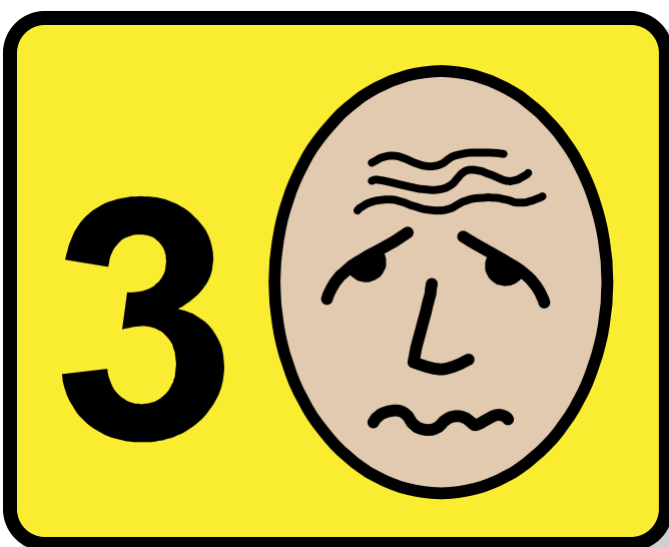
Lanyard



go to safe space
quiet time by myself
let out my frustrations
move to 4 when ready

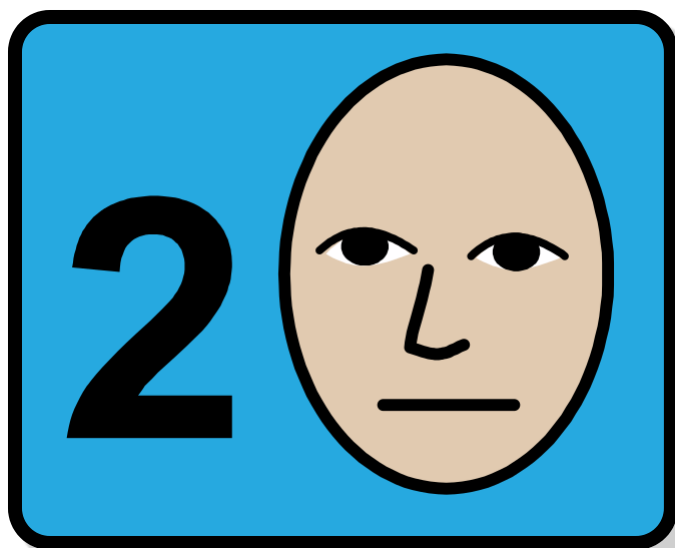


extended movement
break
quiet time in calm space
talk with friend/adult
time away from work
An alternative activity
mindfulness task

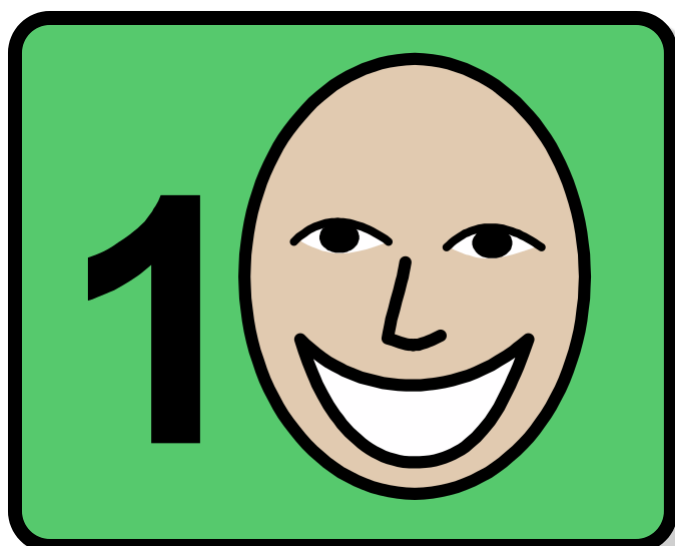


movement break
short pause from work
talk with an adult
have a drink/eat
fidget objects
mindfulness tasks

Lanyard



writing with support
listening with support
learning with support
working with support
reading with support
playing with support



writing
listening
learning
working
reading
playing

