


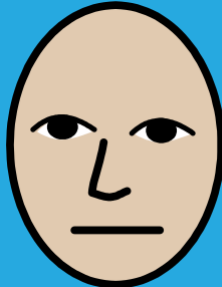
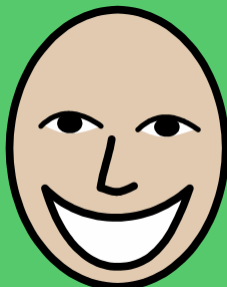


My 5 Point Scale

5		I can't take this any more I can...
4		I am stressed out I can...
3		I am a little worried or unsettled I can...
2		I am feeling ok I can...
1		I am feeling happy I can...

Suggested Strategies

5	<p>Feeling very distressed strategies...</p> <p>Go straight to my safe space</p>	<p>Find a calm space</p> <p>Quiet time by myself to settle</p> <p>Let out frustrations</p> <p>Move to number 4</p>
4	<p>Feeling stressed strategies...</p> <p>Take time away from the learning</p> <p>Time in calm space</p>	<p>Extended movement break</p> <p>Chat with friend or adult</p> <p>Engage in an alternative motivating activity</p> <p>Mindfulness tasks</p>
3	<p>Feeling unsettled strategies...</p> <p>A short pause from learning at desk</p> <p>Talk with an adult</p>	<p>Movement break</p> <p>Mindfulness tasks</p> <p>Positive self talk</p> <p>Eat or drink snack</p> <p>Fidget/calm objects</p>
2	<p>Feeling mainly settled but not 100%</p>	<p>Some adults support to help me with my learning</p>
1	<p>Feeling settled</p> <p>I can engage with my learning</p>	<p>no support required</p>

My Strategies

5		
4		
3		
2		
1		