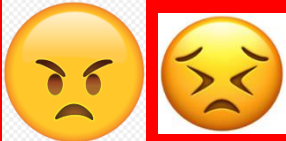
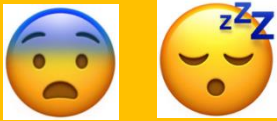


Level	Person, place or thing	Makes me feel	How does my body feel?	What can I do?
3				
2				
1				

Level	Person, place or thing	Makes me feel	How does my body feel?	What can I do?
3 	Classroom when busy (change for PE, change of lesson)	Worried, alert, scared, aware of myself 	My heart beats fast, my breathing is short and shallow I want to run	Use my classroom tent In my tent try my breathing (4 seconds in 4 out) Use my exit card and go for run on the playground
2 	When my timetable changes	Worried 	Tight knot in my stomach Sometimes feel dizzy	Use my scale Choose an activity from my calm tray
1 	Playing with my friends at lunch	Happy 	Light, fast, fun, laughing, excited	Enjoy! Take a break in the calm corner for 2 mins if too excited