

# EMOTIONAL COLOURS daily check in

BLUE



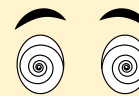
SAD  
SICK  
TIRED  
BORED  
SLOW MOVING

GREEN



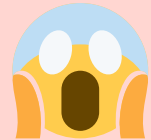
HAPPY  
CALM  
FEELING OKAY  
FOCUSED  
READY TO LEARN

YELLOW



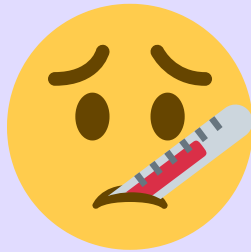
FRUSTRATED  
WORRIED  
SILLY/WIGGLY  
EXCITED  
LOSS OF SOME CONTROL

RED



MAD/ANGRY  
MEAN  
YELLING  
HITTING  
TERRIFIED

# BLUE



**SAD**  
**SICK**  
**TIRED**  
**BORED**  
**SLOW MOVING**



# GREEN



**HAPPY**  
**CALM**  
**FEELING OKAY**  
**FOCUSED**  
**READY TO LEARN**



# TOOLS



**STRETCH/BOUNCE ON A YOGA BALL**



**DRINK A GLASS OF WATER OR EAT A CRUNCHY SNACK**



**BRIGHTEN THE ENVIRONMENT, OPEN CURTAINS, PLAY UPBEAT MUSIC GO OUTSIDE**



**USE TIMER OR FIRST/ THEN VISUAL CHART**



**CO-REGULATE SHARE A HUG**



**USE AN INVITATION APPROACH "I WONDER IF YOU WOULD LIKE TO CHOOSE SOMETHING FROM THE IDEA JAR"**



**STIMULATE SENSES GENTLY: ESSENTIAL OILS, FIDGET TOYS, TEXTURED FABRICS**

# TOOLS



**DIVE INTO LEARNING, PROJECTS OR INTEREST LED LEARNING.**



**INTRODUCE FLEXIBLE STRUCTURE IE: WHITEBOARDS, VISUAL SCHEDULES, WORKING SIDE BY SIDE.**



**ENCOURAGE CREATIVE OUTLETS, MUSIC, ART, STORYTELLING.**



**OFFER LEADERSHIP ROLES "WOULD YOU LIKE TO BE THE TEACHER TODAY?"**

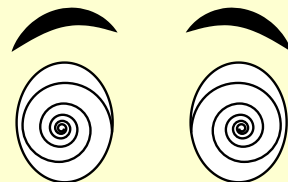


**BUILD ON SUCCESS "YOU SEEM REALLY FOCUSED TODAY, WANT TO TRY SOMETHING NEW?"**

# YELLOW



**FRUSTRATED**  
**WORRIED**  
**SILLY/WIGGLY**  
**EXCITED**  
**LOSS OF SOME CONTROL**



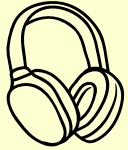
# RED



**MAD/ANGRY**  
**MEAN**  
**YELLING**  
**HITTING**  
**TERRIFIED**



# TOOLS



**USE CALMING SENSORY INPUT, WEIGHTED BLANKET, PRESSURE HUGS, NOISE CANCELLING HEADPHONES.**



**OFFER A QUIET CORNER OR CALM DOWN ZONE WITH SOFT LIGHTING AND COMFORT ITEMS.**



**DEEP BREATHING EXERCISES, BLOWING BUBBLES, BALLOON BREATHS.**



**MOVEMENT BREAKS - ANIMAL WALKS, STRETCHING TO RELEASE ENERGY SAFELY**



**USE VISUALS OR TIMERS TO CREATE CLEAR TRANSITIONS**



**OFFER CHOICES TO REDUCE OVERWHELM: "I WONDER IF WE SHOULD DO THIS NOW OR AFTER LUNCH?"**



**VALIDATE EMOTIONS WITHOUT TRYING TO FIX. "IT'S OKAY TO FEEL FRUSTRATED I'M HERE"**

# TOOLS



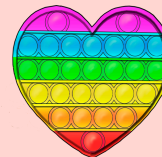
**STAY CALM AND SPEAK SLOWLY WITH MINIMAL LANGUAGE**



**REDUCE SENSORY INPUT, LOWER LIGHTS, TURN OFF SOUND, REMOVE EXTRA PEOPLE IF POSSIBLE.**



**AVOID REASONING OR CORRECTING IN THE MOMENT.**



**MOVE TO A QUIET SAFE PLACE IF POSSIBLE (WITH TRUSTED REGULATION TOOLS)**



**USE BODY BASED CALMING TOOLS (COLD WATER ON HANDS AND FACE, ROCKING, PRESSURE)**



**AFTER CALMING REVISIT WITH A SOFT TONE AND EMPATHY "YOU WERE REALLY UPSET. THAT WAS HARD. LET'S FIGURE OUT WHAT MIGHT HELP NEXT TIME"**