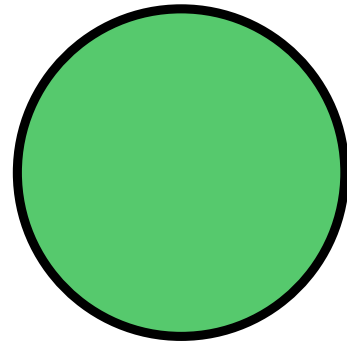
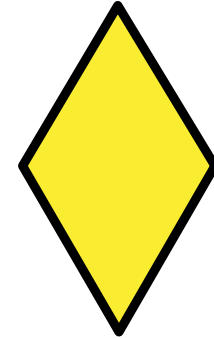


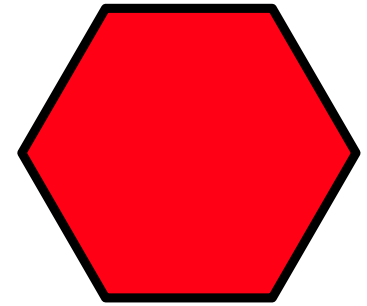
blue zone



green zone



yellow zone



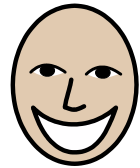
red zone



sad



poorly



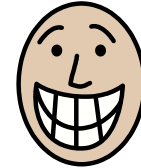
happy



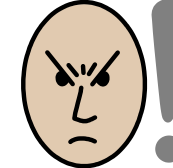
ok



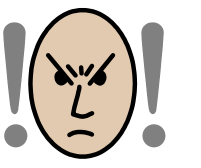
silly



excited



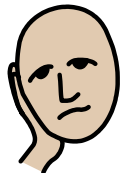
angry



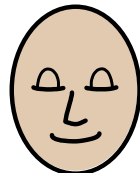
furious



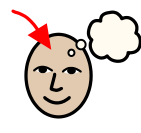
tired



bored



calm



ready to learn



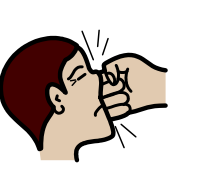
worried



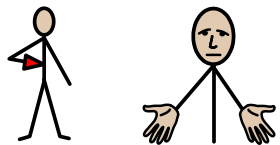
frustrated



shouting



hitting



I need to



take a break



have a drink



deep breaths



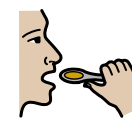
go for a walk



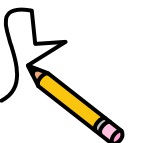
exercise



use fidgets



have a snack



draw



listen to music



talk to an adult



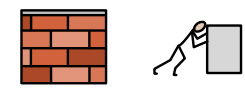
count to 10



have a cuddle



stretch



wall pushes