


Tools – to help us feel better





# What can we do when we are feeling slow or blue?

Can you try some of these ideas or come up with your own.

Blue **SLOW**




upset



Sad  
Shy  
Tired  
Unwell


Think happy thoughts



Drink Water




Stretch and relax your muscles




Smile

Clench and Unclench your Fists




Go for a walk



Go to my safe space



Talk to someone




Take a deep breath

# What can we do when we are feeling yellow or red?

Can you try some of these ideas or come up with your own.

Yellow 	Red 
 worried 	 angry 
	
Worried/Scared Annoyed Grumpy Silly	Angry Mean Aggressive Out of Control



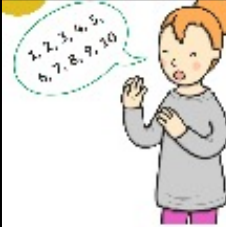
Have a drink of water




Talk to someone



Draw a picture



Count to ten.




Take a deep breath



Ask for a time out



Use a fiddle toy



Go to my safe space



Tell yourself to STOP!