Upset, Distressed	Sad, Tired, Frustrated, Bored	Calm	Happy	Excited, Anxious, Silly	Frustrated , Confused	Angry, Panicked
Go for a walk Tell someone Give someone or something a hug Cuddle up in a blanket Squash some playdoh	Exercise – jump or jog on the spot Drink some water Have a snack Read a book Find a friend	Have a good think Focus on your work Be kind to someone Play a game with a friend	Share your happiness with someone else – tell them a story, give a smile, invite someone new/alone to play with you	Try belly breathing Do some wall or chair push ups Stretch your body Do something sensory	Meditate Try belly breathing Blow bubbles Hand massage Do some drawing and colouring	Talk to someone Try belly breathing Go for a jog Find a quiet place to have some time out Clench and unclench hands/body

If you would like any further information, please contact the Mrs Chambers (SENCo) through our school office.