

Name:

What do I feel?		Ok	Not Okay
	5	 OT Room- visit for heavy physical work  Ask for Help (if you can) – Talk to an adult / Raise your Help Card  Bubble Machine - watch for 5 minutes	Physically Hurting Others  Break things on purpose
	4	 Ear Defenders - use if too noisy  Kick a ball around in a safe place  Sensory walk - walk around the block within the school	Tear or draw over my work  Saying unkind words
	3	 Walk Away / Move Away/ Find new friend - when upset by a friend  Ask for Help – Talk to an adult / Raise your Help card  Breath in and out using your fingers	Drawing on the table  Not listening to adults  Leaving the class without asking an adult first
	2	 Happy Place - toys at home  Fiddle Toys – basket at the front of the classroom  Movement break around class - calm space	Not Sharing  Not Taking Turns
	1	 Being Calm  Complete my work  Play with friends	Not following class rules