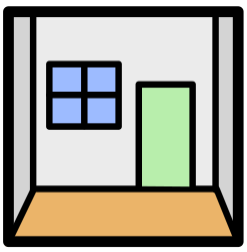


When I am in the Red Zone I can ...



Go into a quiet room



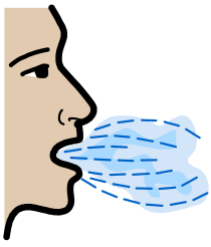
Go for a sensory break



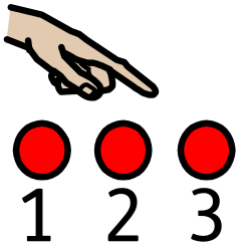
Have something to drink or eat



Go for a walk



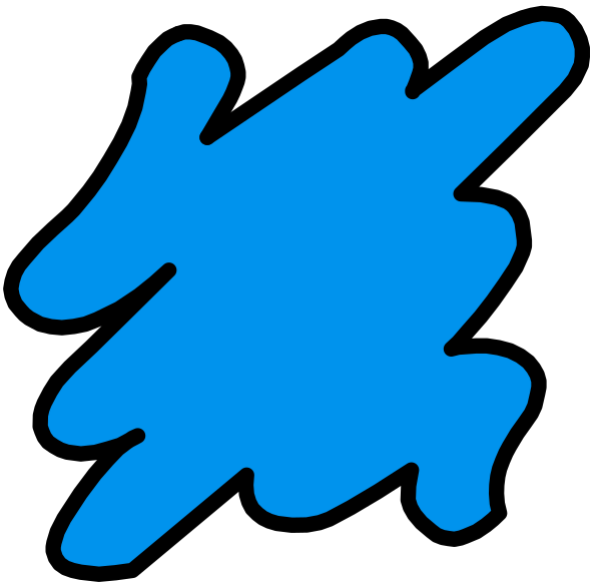
Take deep breaths



Count things around me

Created in WidgitOnline.com for Longdon Park

Widgit Symbols © Widgit Software 2002 - 2021



When I am in the Blue Zone I can ...



Talk to a safe member of staff



Complete a sensory circuit



Go on the Trim Trail



Go for a walk



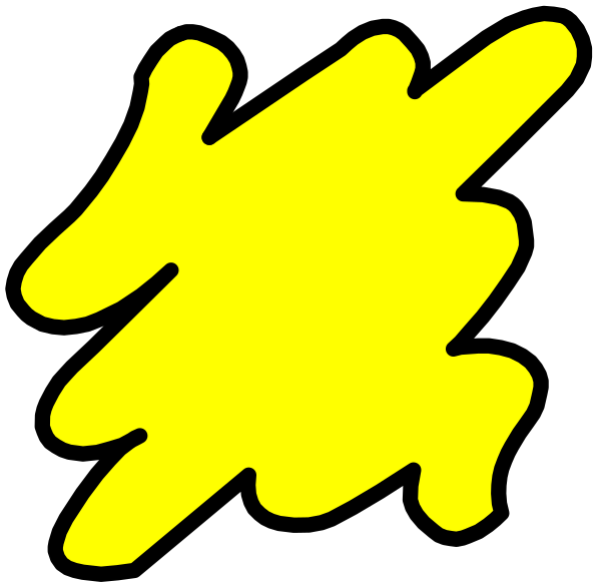
Ask for a sensory break



Have something to eat and drink

Created in WidgitOnline.com for Longdon Park

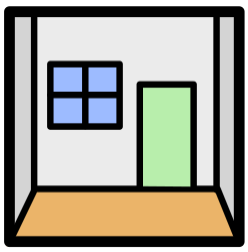
Widgit Symbols © Widgit Software 2002 - 2021



When I am in the Yellow Zone I can ...



Go for a walk



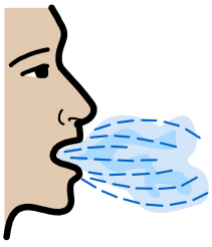
Go into a quiet room



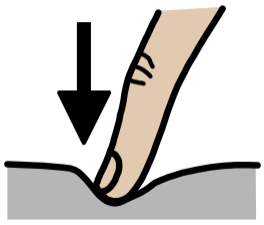
Ask for a sensory break



Have something to drink or eat



Take deep breaths



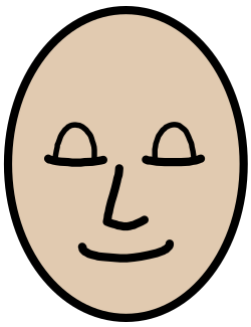
Ask for deep pressure

Created in WidgitOnline.com for Longdon Park

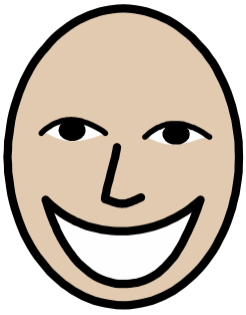
Widgit Symbols © Widgit Software 2002 - 2021



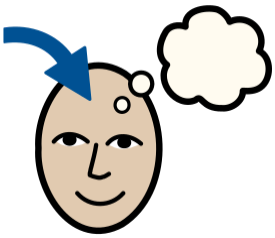
When I am in the Green Zone I am ...



Calm



Happy



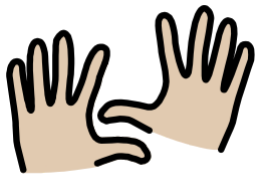
Ready to learn



Listening



Using kind words



Using kind hands

Created in WidgitOnline.com for Longdon Park

Widgit Symbols © Widgit Software 2002 - 2021