



Upset, Distressed	Frustrated, Confused, Stressed Sad, Tired, Bored	Calm, Content, Focused	Happy, Alert, Engaged	Excited, Anxious, Silly, Nervous	Frustrated, Confused, Stressed	Angry, Panicked, Very intense feelings
Sit on a bean bag (or in a comfy spot) Take a walk Go for a short run or jog Play-doh Snuggling in blankets Singing/Music Cleaning	Irregular movement - Jumping/Bouncing/Swinging Push-ups/Climbing Drink (water) Have a snack Reading Finger painting Tickling	Conversation Praise Board games Other game play	Conversation Praise Engage with child Physical exercise	Drink (water) Belly breathing Wall pushups Go for a short run or jog Stretching (yoga) Jumping/bouncing Skipping Heavy lifting/pulling Ball play	Belly Breathing Meditation Chew gum/sucking Stress ball/tactile play Colouring Calm, rhythmic movement Deep pressure massage Hand massage	Belly Breathing Meditation Colouring Sit on a bean bag (or in a comfy spot) Sandwich between pillows Stretching (yoga) Soft, slow music Slow rocking

Instructions

1. Print out and laminate both pages
2. Cut out the pointer below (including the area inside the circle)
3. Insert a split pin through 'Point A', indicated below
4. Push the split pin through the small circle on the chart

