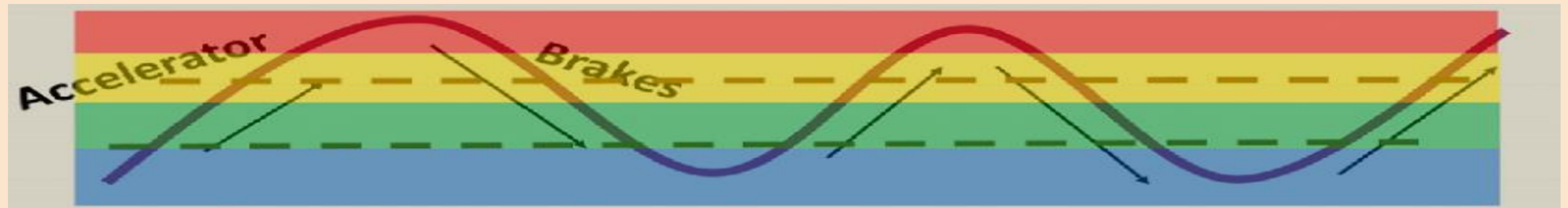


How will I be helped?



Zone 1

Zone 2

Zone 3

Zone 4

The sweet spot!



<p>You will be given an option of activities that will get you moving/laughing/singing/playing/sensing so that you can move into the green zone.</p>	<p>You will be given feedback on what you are doing/given a good level of challenge/encouraged to extend your thinking/kept calm so that you can extend your learning.</p>	<p>You will be given an option of activities that will calm you down/help you get focussed again/help you engage with your activities and class so that you can move back into the green zone.</p>	<p>You will be given an option of ways of coming back down into the yellow zone and when you are back in the green zone 1:1 time will be had your parents will be informed so that we can try and find out what happened and why.</p>
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