

SAFETY 4



STUDENT SAFETY STRATEGY FOR THE LEARNING SPACE



1. SAFE PLACE

This is your safe place to take a deep breath.

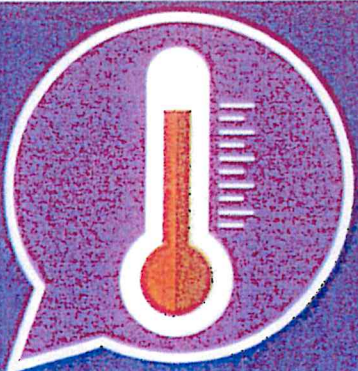
2. SAFE SUPPORT

This is a support that you feel safe talking to or being with.



3. TOKEN

What do I need? This token is to let the teacher know you need a brain break or a circuit breaker.



4. CHECK IN

What zone are you feeling?

BLUE

GREEN

YELLOW

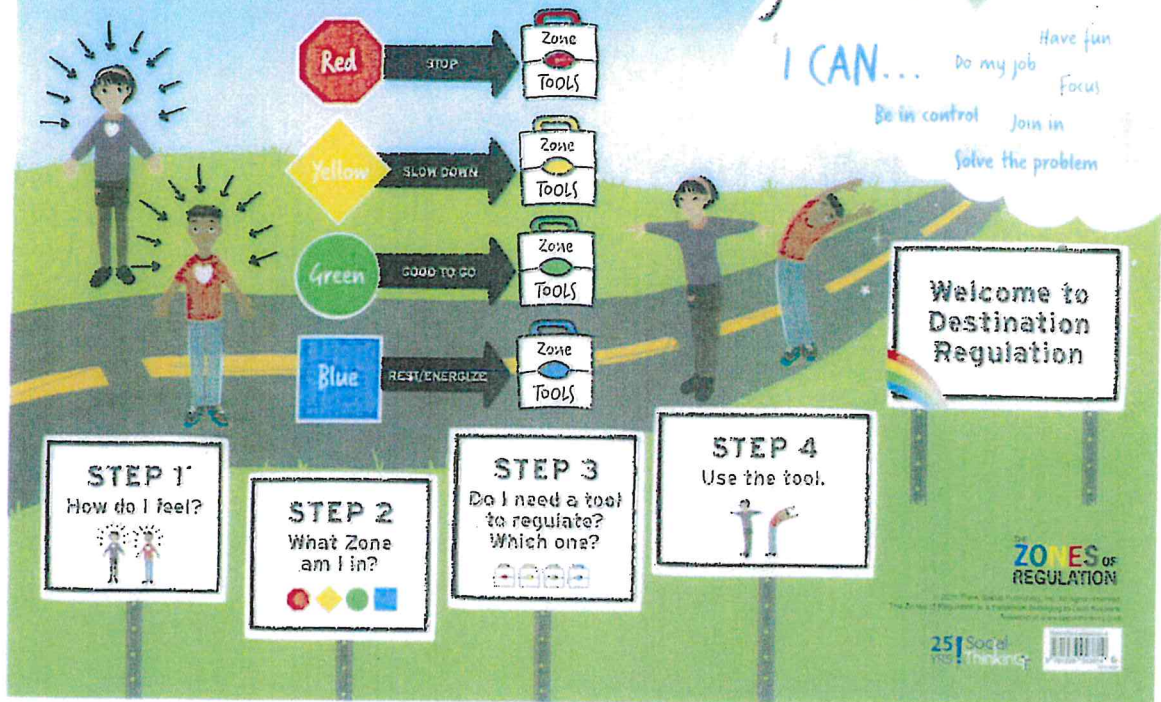
RED



SAFETY TOKENS ARE HANGING IN YOUR LEARNING SPACE

Give a token to the teacher when you need to feel safe again.

The Road to Regulation



THE ZONES OF REGULATION

BLUE ZONE

Sore, Hurt, Exhausted, Tired, Sad

GREEN ZONE

Calm, Good, Focused, Clear, Ready to Learn, Confident

YELLOW ZONE

Frustrated, Anxious, Worried, Excited, Silly, Scared, Overwhelmed

RED ZONE

Aggressive, Shown, Terrified, Mad, Angry, Yelling

Blue Zone Tools

Stretch

Green Zone Tools

Drink water

Yellow Zone Tools

Deep breaths

Red Zone Tools

Take a break
