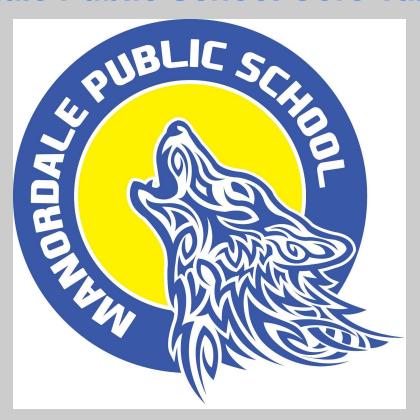
Manordale Public School Core Values











Speak to Someone

Blue	Green	Yellow	Red
REST AREA	GO	<u>(i</u>	STOP
	Happy, calm, good to go, focused, ready to learn	Frustrated, worried, silly/wiggly, anxious, excited	Angry, mad, mean, out of control, yelling, hitting, I need time and space
	I am feeling good, I can help a friend, I can try new things, I can play and learn, I can practice calming strategies	Fidget object, count to 20, breathing practice, take big breaths, squeeze something, draw/write or talk about it	Be safe, talk to someone I trust, ask for a break, use my PAWS, walk away, STOP what I am doing, get help

