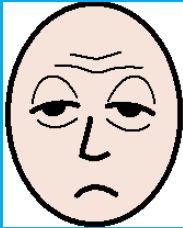
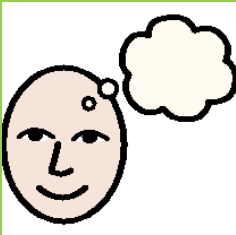



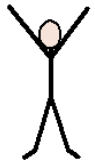



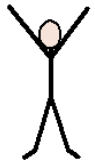












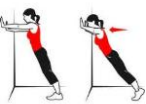



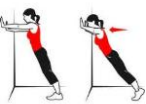










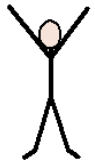








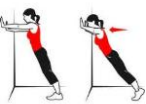







<p>Blue Zone</p>  <p>Going slow</p>	<p>Green Zone</p>  <p>Good to go</p>	<p>Yellow Zone</p>  <p>Caution Starting to lose control</p>	<p>Red Zone</p>  <p>Stop! Out of control</p>																
<p>E.g. sad, sick, tired, bored</p>	<p>E.g. happy, calm, focused, ok</p>	<p>E.g. worried, excited, annoyed</p>	<p>E.g. angry, terrified, elated</p>																
<table border="1"> <tr> <td data-bbox="206 842 412 1062">             Drink some water         </td> <td data-bbox="412 842 631 1062">             Stretch         </td> </tr> <tr> <td data-bbox="206 1062 412 1283">             Dance to music         </td> <td data-bbox="412 1062 631 1283">             Star jumps         </td> </tr> </table>	 Drink some water	 Stretch	 Dance to music	 Star jumps	<table border="1"> <tr> <td data-bbox="674 842 880 1062">             Movement break         </td> <td data-bbox="880 842 1095 1062">             Focus         </td> </tr> <tr> <td data-bbox="674 1062 880 1283">             Eat or drink         </td> <td data-bbox="880 1062 1095 1283">             Enjoy a hobby         </td> </tr> </table>	 Movement break	 Focus	 Eat or drink	 Enjoy a hobby	<table border="1"> <tr> <td data-bbox="1135 842 1350 1062">             Put ear defenders on         </td> <td data-bbox="1350 842 1568 1062">             Use a fiddly         </td> </tr> <tr> <td data-bbox="1135 1062 1350 1283">             Wall or chair push-ups         </td> <td data-bbox="1350 1062 1568 1283">             Take deep breaths         </td> </tr> </table>	 Put ear defenders on	 Use a fiddly	 Wall or chair push-ups	 Take deep breaths	<table border="1"> <tr> <td data-bbox="1592 831 1807 1062">             Stay safe         </td> <td data-bbox="1807 831 2024 1062">             Take time to calm down         </td> </tr> <tr> <td data-bbox="1592 1062 1807 1283">             Find a space to run around outside (away from others)         </td> <td data-bbox="1807 1062 2024 1283">             Bash a sofa cushion (away from others)         </td> </tr> </table>	 Stay safe	 Take time to calm down	 Find a space to run around outside (away from others)	 Bash a sofa cushion (away from others)
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