











| When I feel | It looks like | Its feels like | I can try to |
|-------------------|--|---|---|
| 5 | Overwhelmed  | I am not in control of my emotions, I am feeling tired and need to get out! | Walk around the school grounds. Home is still an option. |
| 4 | stress  | Dangerzone. I am anxious, off task and not learning. | Change environment = find safe space. Read news in library, game or take learning somewhere else. |
| 3 | too tough  | Learning becomes tougher and I worry. | Use help = 5B's (Brain, Buddy, Book, Board, Boss) Have a brain break. Refocus. |
| 2 | learn  | I'm OK and on task. | Enjoy learning. Continue to focus. Use strategies for learning. |
| 1 | OK  | I'm relaxed. | |

Logan's 5 Point Scale (school strategies).

| My scale of worries | This is how school can help me. | |
|---|--|--|
| <p style="text-align: center; font-size: 2em; font-weight: bold;">5</p> |  overwhelmed | <p>Suggest that I can go for a walk of the school grounds as an alternative to going home, but not pushing this.</p> |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">4</p> |  stress | <p>Change environment. Encourage me to go to a safe space where I can reset. I would like a quiet alone space that I know I can go to without asking where I can attempt to continue my learning task, revise or read the news if I can't concentrate.</p> |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">3</p> |  too tough | <p>Lookout for me twirling my pen as a sign of growing stress. Ensure I have a good understanding of the task, that I know how to be successful & how long it'll take. Help me refocus or encourage me to have a brain break.</p> |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">2</p> |  learn | <p>Provide me with a clear learning task that is timely. Ensure I know how to be successful with this learning and have access to the resources I need.</p> |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">1</p> |  OK | |