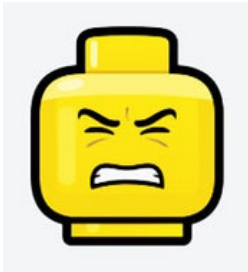
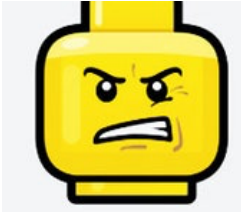


Relationship Chart

		How I feel	What it may look like
5		I'm about to go BANG!! I feel like screaming or hitting things and I've lost control!!	- Repeated 'orange level' behaviours'. -Physical aggression or swearing towards staff. -Bullying. -Targeted inappropriate language. -Dangerous behaviours.
4		I'm starting to lose control and I am upset! I may feel like saying things that are not nice. My body may feel shaky and tense.	- Leaving the classroom without permission. -Repeated 'yellow level' behaviours. -Refusing to complete work. -Physical aggression. -Inappropriate language/name calling. -Bringing in phones/smart watches. -Inappropriate touching (without consent).

3		I'm a little out of control. I feel frustrated. I'm starting to get overwhelmed. My body may be shaking.	-Repeated 'blue level' behaviours. -Being disrespectful. -Using bad language (not directed at anyone) -Play fighting. -Threatening behaviour. -Low level name calling.
2		Something is annoying me. I might be getting frustrated. My heart is starting to beat faster.	-Not following the rules. -Wandering around the classroom. -Bringing in things from home I should not. -Distracting my peers.
1		I feel good! I'm completely in control of myself.	-I am happy in the classroom and can cope with what is being asked of me.