

# The Handbook







**Bolingbroke**  
Academy

*SEND and Well-being Centre*

# Before you take a time out...

What Zone of expression are you in currently?

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Identifying which zone, you are in will help you choose a strategy or technique to get you refocused and ready to learn.

Keep reading to find a strategy that may work for you, before you take a time out...

## Other inventions or after school clubs

### KS3 Homework/KS4 Study Support

KS3 after school club on Thursdays in G05 with Mrs Dattoo and Ms Slatton.

KS4 after school club on Fridays in the SWC with Ms Charan.

### Typing Club

Touch typing club on Tuesdays in S04 (ICT suite) with Ms Agondogo.

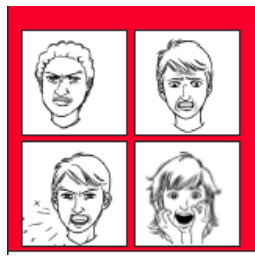
### ELSA Sessions

Invite only sessions on Tuesdays in the SWC with Ms Charan.

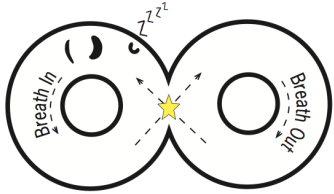
### Core Strength Through Dance

Dance after school club on Mondays in the SWC with Ms May

# Red Zone



Strategies to use...



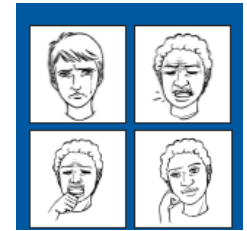
- Breathing exercises – to calm yourself (as you would if in the yellow zone).

- Count to 10 and then back down to 1.
- Tensing and relaxing your muscles – squeezing your fists tightly and holding for a few seconds then releasing your fists. Repeating this until you feel calmer.



- Taking a walk or using a stress ball/fidget toy to distract yourself and help bring you back to ready to learn mindset.

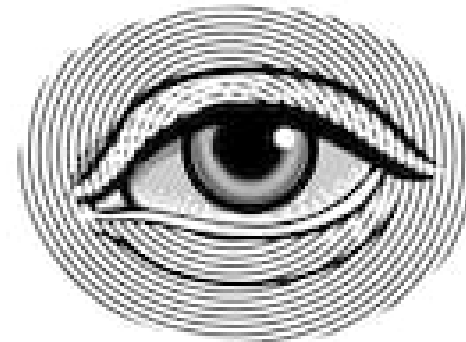
# Blue Zone



Strategies to use...



- Hydrate! Have a drink of water.
- Stretch your legs to get your energy levels up – hand out books/worksheets for teacher.
- Use a worry book to write or draw any worries and concerns.
- Have an eye break to deal with boredom – look around the classroom (try not to distract others) or just close your book for a minute, before resuming the work.



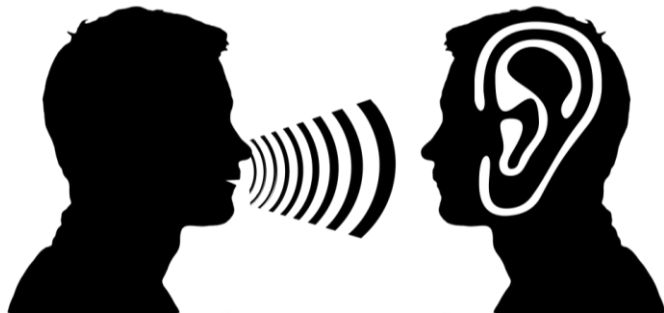
# Green Zone

You are focused and ready to learn!



Keep this up by:

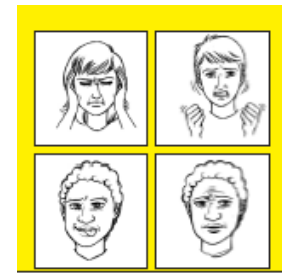
- ✓ Pacing yourself with the work
- ✓ Challenging yourself, be brave and try the stretch it or go over your work and see if you can improve it by using higher level vocabulary or adding an additional point.
- ✓ Asking for support if you need it – remember to put your hand up and wait patiently for the teacher or LSA to assist you.
- ✓ Listening to the teacher and taking notes where needed.



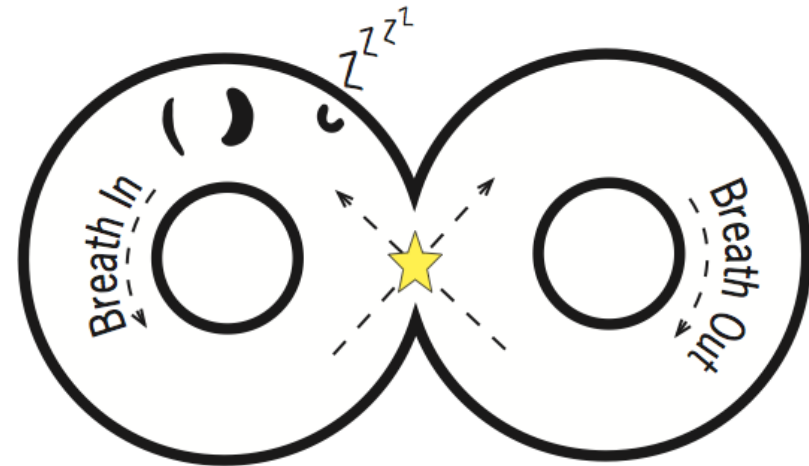
- ✓ Take the leadership opportunity and help others if you have successfully finished the task, make sure you aren't distracting other if you do this!

# Yellow Zone

Strategies to use...



- Breathing exercises – to calm yourself if you are feeling anxious or overexcited.



Trace the figure 8 starting at the star and take a deep breath in. As you cross over to the other side, slowly let your breath out.

Continue breathing around the figure 8 until you have a calm body and mind.

- Read a book or doodle in a separate book if feeling overexcited, to calm and ground yourself.