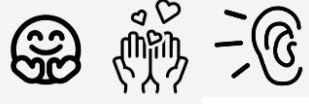


Helping the Classroom Feel a Safe Place

What makes us happy in the classroom?



**Class rules** – Be respectful, keep your hands to yourself, listen to others, be kind.

Coping With New Situations

How do we feel when we try something new?

- Positive feelings: Excited, happy, brave
- Negative feelings: Scared, anxious, worried, nervous.



How can we make ourselves feel better?

- Count to ten
- Talk to a friend
- Listen to music
- Deep breathing



Sources of support

- Trusted adult
- Teacher
- A friend

When do I need to ask for help?

**GREEN** – Can deal with it myself

**AMBER** – Try by myself first then tell an adult

**RED** – Tell an adult

Vocabulary Tier 2

Feelings  
Emotions  
Safe

Vocabulary Tier 3

Calm    relaxed    Regulate

