





Red	Yellow	Blue	Green
			
<p>Mad, angry, yelling, or hitting</p> <p>Take a break, count to 10. Talk about it with an adult.</p>	<p>Silly, hyper, frustrated</p> <p>Take a break, deep breathing. Think before you act.</p>	<p>Sad, tired, sick, bored</p> <p>Talk to an adult, take a break. Think happy thoughts.</p>	<p>Calm, happy, ready to learn</p> <p>Help others, listen to teacher. Complete your work.</p>