



# My Red Light Plan

## Red

- Signal teacher that need to leave the room
- Request to use the phone in the ED unit to contact his parents to allow for release. ED staff will then notify the main office.
- Report immediately to the office so he can use a phone to contact a parent or guardian. The building administrator will then contact staff and notify them of student's release.

## Yellow

- Use stress ball, paper clip, etc to fidget
  - Sit in bean bag chair
  - Gum, Twizzlers, hard candy, chewelry
  - Draw/doodle
  - Slow deep breaths
  - Roll neck in circular motion
  - Self-talk
  - Listen to music/sing
  - Lavendar/calming essential oils
- If these do not work, student will signal the teacher that he needs to leave the room:
- Go to the restroom
  - Get a drink
  - Do push ups against the wall
  - Regroup in small room

## Green/Daily Activities

- Spend time with friends
- Work
- Listen to music
- Use computer
- Welding/hands on things
- Sleep well
- Eat well
- Take medications
- Use positive self-talk; everything happens for a reason – all is a gift