



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