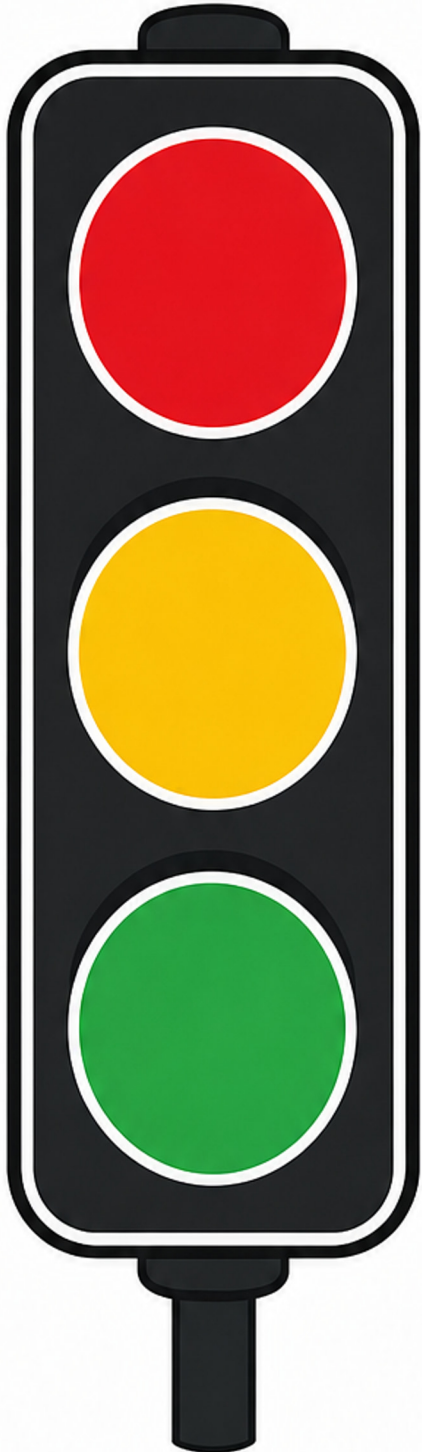


Traffic Light Check-in Poster

How are you feeling right now?

Choose the colour that best shows how you feel.



RED – STOP

I need help.
I feel overwhelmed,
upset, or angry.



I will reach out
to a teacher or
trusted adult.



YELLOW – SLOW

I'm not great right now.
I feel worried, frustrated,
or uncertain.



I will use a strategy
or take a break to
regroup.



GREEN – GO

I'm good.
I feel calm, happy,
and ready to learn.



I will keep going
and make positive
choices.



It's ok to feel how you feel.



We're here for
each other.