

**How do you feel
about...**

**Hyper /
over the
top**



**Energetic
/Jumpy**



Focussed



**Chilled
/ calm**



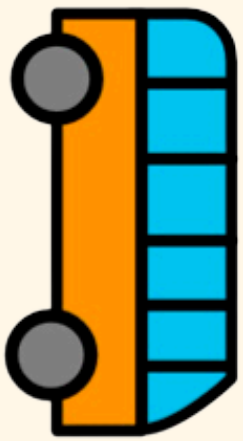
**Tired /
Sluggish**



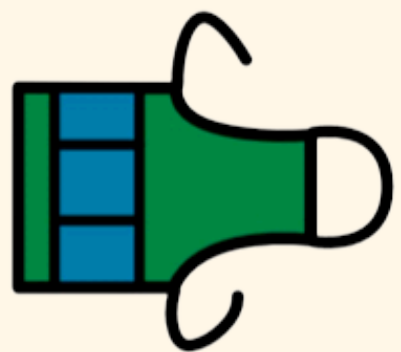
ZzZzzzzZz



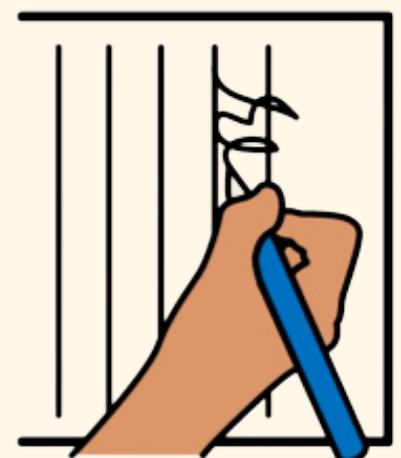
Examples of options:



Taxi



Cafe



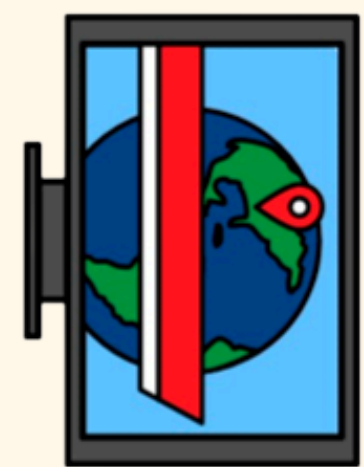
Writing



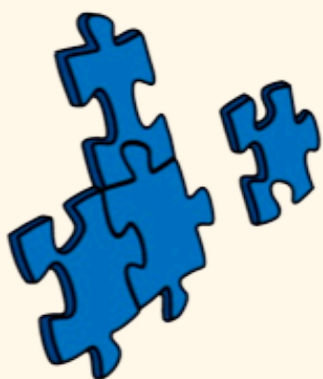
Recycling



Friends



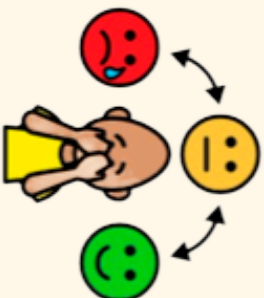
Newsround



Jigsaw



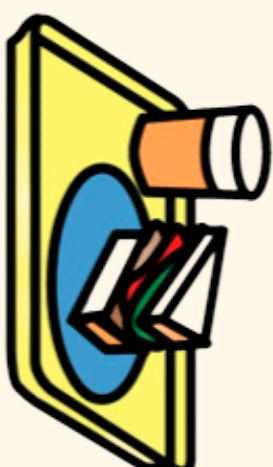
Choosing Time



Zones of
Regulation



Music



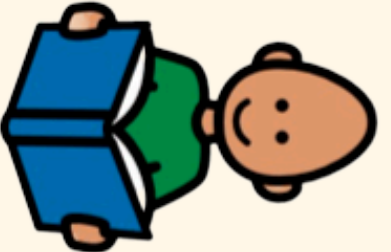
Lunch



Math



PE



Reading



Arts and Crafts



Baking