



Traffic Light Toolbox



Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

Belonging

Why? Naming our feelings can help us to better understand and manage them. As Dan Siegel suggests, we can often '*name it to tame it*', helping us feel more in control when experiencing difficult emotions, uncertainty or worry.

Once we have identified how we are feeling, we can think about what we need and choose strategies that support our emotional and physical wellbeing. Everyone is different, so it is important to find the tools and approaches that work best for us in different situations.

A Traffic Light Toolbox can help us recognise how we are feeling, identify when emotions are changing, and choose helpful strategies to support ourselves at each stage.

This activity can be used alongside the Creating a toolbox resource.

How?

Each stage is colour coded to help create distance between ourselves and what we are experiencing to allow us space to choose how we respond to challenges.

1. **Choose your colour zone.** Which colour best matches how you are feeling right now? Name the feeling you are experiencing.
2. **Select a helpful strategy.** Think about what you need right now. Choose an action or tool that could help, such as deep breathing, movement, talking to someone or using a sensory strategy.
3. **Reflect on the change.** How do you feel now? Did the strategy help? Is there anything else you need?

Top tips:

- Notice where you feel emotions in your body. This can help you choose the right tool.
- Practise your tools with a trusted adult so you know what works best for you.
- Remember that different situations may need different tools, and that's okay.

Traffic Light Toolbox

Use the traffic light system to **name** the difficult feeling, **tame** it by taking action and **feel better**

When I feel...



Uncomfortable feelings

Worried



Scared



Angry



I need to...



Take action

Sad



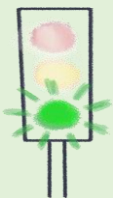
Frustrated



Upset



Then I will feel...



Confident



Content



Okay



I need to...

5, 4, 3, 2, 1
mindful
activity



Think happy thoughts



Go for
a walk



Do some exercise



...6,7,8,9,10

Count backwards
from 10

Sing a song



Squeeze playdough,
or a squidgy toy



Stop
and
think

Ask for
help



Go to a quiet,
happy, calm,
physical space

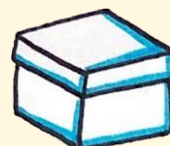


Massage
your
hands

Have a
drink



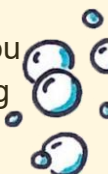
Box
Breathing



Listen to
music



Imagine you
are blowing
bubbles



Relax with
smelly
candles



Do something with
others



Close your
eyes and
focus on
your
breathing



Imagine
you are in
a calm,
safe, happy
place



Mindful
breathing



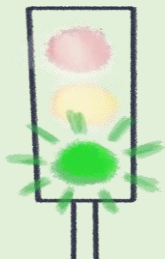
When I feel...



I need to...



Then I will feel...



Empty box for writing a response to 'When I feel...'

Empty box for writing a response to 'When I feel...'

Empty box for writing a response to 'When I feel...'

Empty box for writing a response to 'When I feel...'

Empty box for writing a response to 'When I feel...'