My Traffic Light

A gentle way to notice how much energy you have, and what to do about it.

AGES 5–12

What's inside:

- What green, amber and red mean
- Spotting my own signs in my body and mind
- What fills my battery and what drains it
- My check-in chart for the week
- My amber plan and my red plan
- Colour my day, from morning to bedtime
- Cards to show a grown-up how I am
- A certificate to print and keep

Designed for flexible use: work through in order, dip in and out, or pick a single page for a quick activity. There's no "wrong" way to use this pack.

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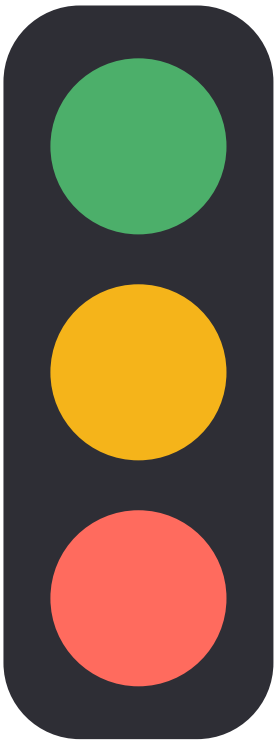
My Traffic Light

Three colours, three kinds of day. None of them is bad. Each one just needs something different.

Little Minds™



Green

I feel okay. I have energy. I can take on more.

Amber

I'm getting stretched. I need to change something soon.

Red

It's too much. I need to rest and recover.

The colour I am right now:

Colour in a circle. There is no right or wrong colour.

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Well Done!

for completing the My Traffic Light Pack

This certificate belongs to:

_____

Signed (parent / carer / educator) _____ Date

Every page finished, or even just one, is worth celebrating.

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