

My Traffic Light

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

AGES 5–10 • HOME, CLASSROOM & 1:1

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 at home, in the classroom or 1:1: 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.

My Traffic Light

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



Green



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

Amber



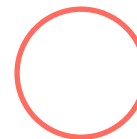
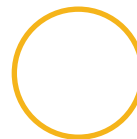
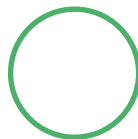
I'm getting stretched. I need to change something soon.

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.



NEURODIVERGENT MINDS **Little Minds™**

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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