

How do I move myself out of the red zone?

Tell my friends or the adults I am working with if they are pushing me too hard and making me panic. Ask them to help me back into my comfort zone

Go to my comfort zone and do some maths that I know I can do.

Remind myself that I may not be able to answer this question yet but with some help I will be able to answer it another day.

Take some deep breaths and calm down. Try 7/11 breathing. Breathe in for a count of 7 and out for a count of 11.

I might need to do something that is not a maths activity for a short time. It could be something I really enjoy doing that will help me to relax.

Look at my 'what to do if I am stuck' poster

