

Star Primary School



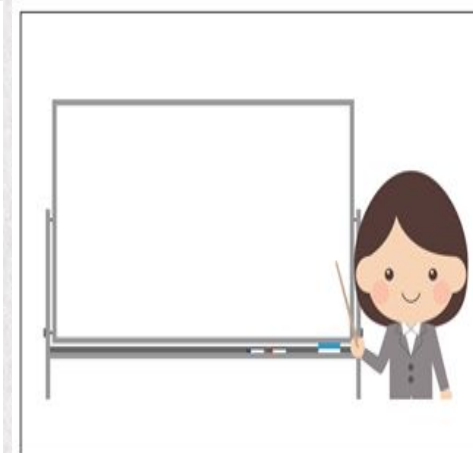
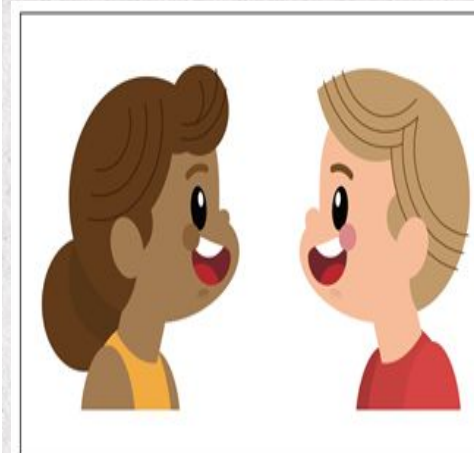
Rights Respecting



How do we support each other?



How can you help yourself?			
The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focused ready to learn	nervous confused stilly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help



SEND

- Speech and Language Therapist
- Nurture Room
- Sensory Room
- Zones of Regulation

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How do we look after our wellbeing?



- Healthy food
- Fit friday
- Mental Health
- Rights

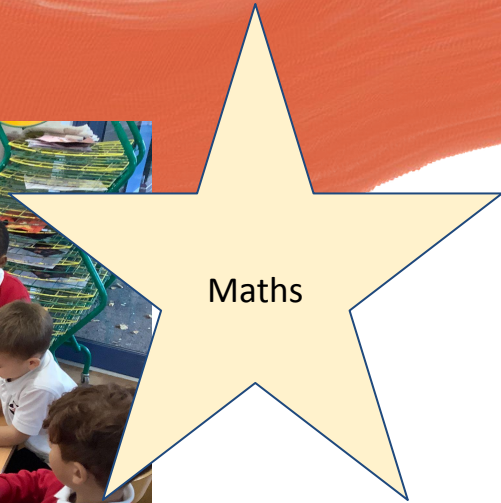
We have amazing opportunities



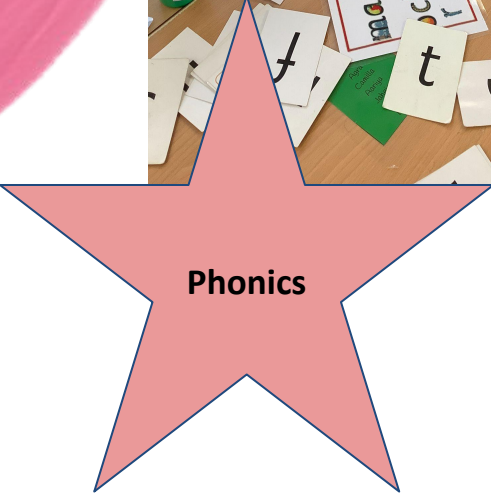
Reception at Star



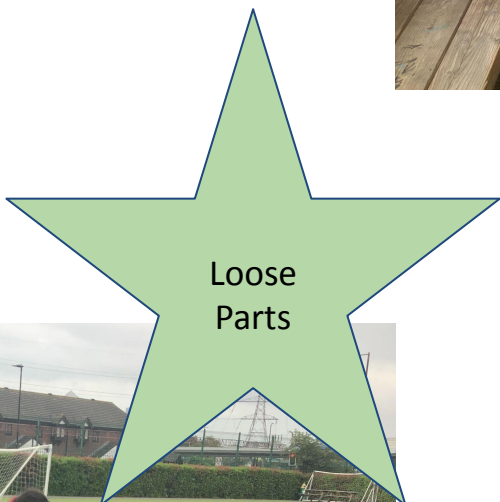
Independent Writing



Maths



Phonics



Loose Parts



Mud Kitchen



Music



Water Play

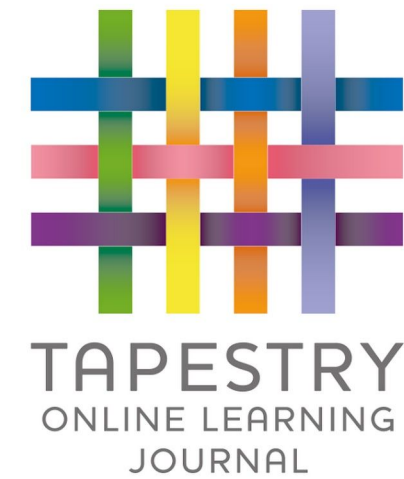


Creative Play

Parent Communication

- Tapestry

- Parentmail





Any questions?

Please email:
reception1@star.newham.sch.uk