

SHORT STORY 1: JUMPING JESS

Jess loved to run and jump and climb. She loved the sun on her face and the wind in her hair. But Jess did not love sitting still in the classroom.

Trying to sit still, made Jess fidget and yawn.

And trying to sit still for spelling lessons was the worst! Spelling was hard. Jess tried to remember the letters for each word, but the letters raced around in her head. And when she wrote them down, they came out muddled up and back to front.

Jess was sure that all the other students were good at spelling. As Jess sat at her desk, writing out the letters, her stomach knotted up. She hoped that no one would look at her writing. She wished that she could be invisible. She wished that she could run away.

EXPLANATION	QUESTION	ANSWER SUGGESTIONS
GREEN is for things that make me feel safe and comfortable.	What might be some of Jess's GREEN things?	Running, climbing, and jumping. Being outside.
YELLOW is for things that make me feel uncomfortable.	What might be some of Jess's YELLOW things?	Sitting still makes her feel fidgety. Being stuck inside makes her feel sleepy. Spelling makes her worry that she's not good enough.
RED is for things that make me feel unsafe.	What might be some of Jess's RED things?	Someone teasing her about her spelling. Being told to sit still when she rocks on her chair or stretches her arms. Being told to stay in the classroom after the bell goes.
STRATEGIES are things that can make you feel safer when in the YELLOW or RED.	What might be some of Jess's strategies?	Maybe taking a break to stretch or walk. Thinking positive thoughts about her spelling. Like, 'It is okay. Lots of people have trouble with spelling.'

SHORT STORY 2: HUNGRY HARRY

Harry loved to help his mum make chocolate cake. He loved to stir and watch as the ingredients swirled together. He also loved eating chocolate cake.

When his mum packed a piece of chocolate cake for school snack, Harry knew that it would be a good day. At playtime he swung on the monkey bars. He slipped and scraped his knee, but Harry didn't let a little scrape ruin his day. After all, he had chocolate cake for snack!

The next day, his mum packed a nut bar for snack. It was a new brand of nut bar, and Harry wasn't sure that he would like it. At snack time, he decided not to eat. But Harry's tummy grumbled.

In maths class, the teacher said they were learning something new. Now Harry grumbled. First something new for snack and now something new for maths. This was a very bad day.

EXPLANATION	QUESTION	ANSWER SUGGESTIONS
GREEN is for things that make me feel safe and comfortable.	What might be some of Harry's GREEN things?	Making chocolate cake. Eating chocolate cake. Knowing that there is something good packed for snack.
YELLOW is for things that make me feel uncomfortable.	What might be some of Harry's YELLOW things?	New things make him feel nervous. Being made to do something new makes him feel annoyed. Feeling hungry makes him feel extra frustrated.
RED is for things that make me feel unsafe.	What might be some of Harry's RED things?	Being rushed to do something new.
STRATEGIES are things that can make you feel safer when in the YELLOW or RED.	What might be some of Harry's strategies?	Mixing play-dough or sand (because it reminds him of making cake). When something is new, breaking it into small steps (e.g. open the nutbar, smell it, take one small bite). Positive thoughts like, 'I won't understand this straight away, but I will do my best.' Counting 10 deep breaths when feeling very annoyed.