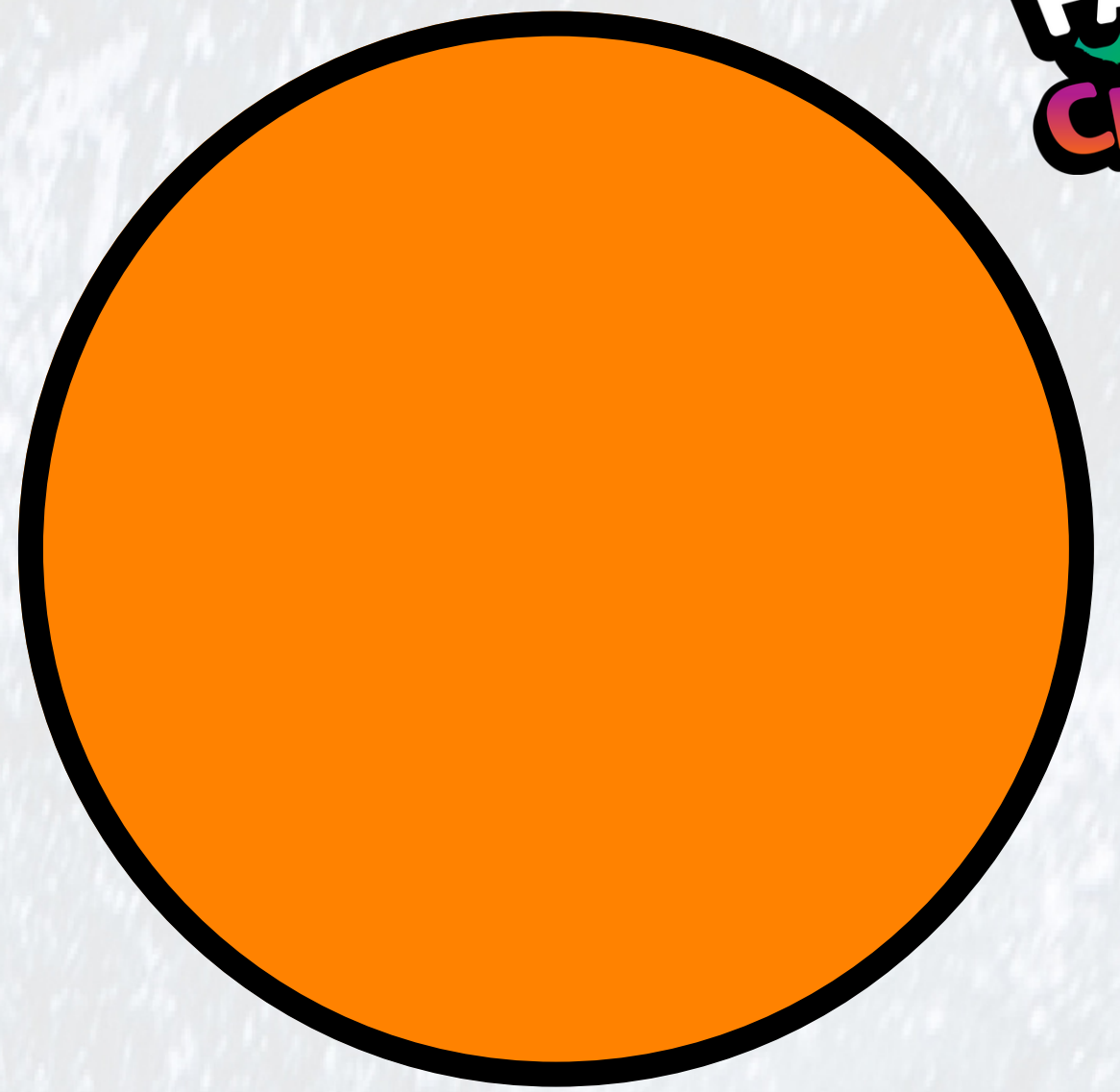


Please Stop!

I don't feel ok right now.
I need time to regulate.
Please support me.



Remember the strategies that help you during this time

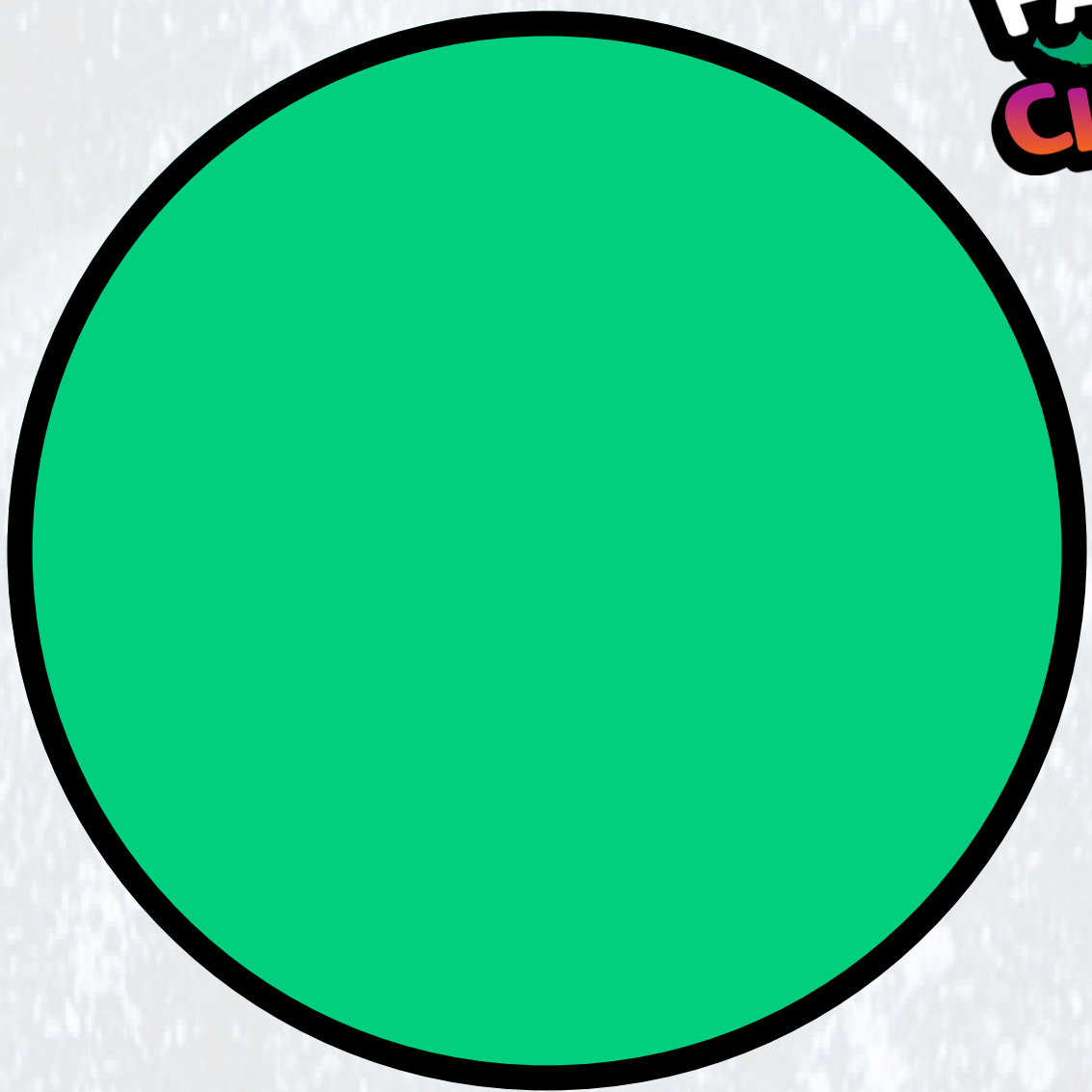


Wait!

I am starting to struggle.
Something needs to change.
Please support me.



Remember the strategies that help you during this time



Let's go!

I feel good.
I am ready to learn.
Please support me.



Remember the strategies that help you during this time

Me & My FASD traffic light cards.

These cards are to help you show people how you feel. They could be used in school or college. They could be used at home or in a club you go to.

All you need to do is show a trusted adult the card that matches how you feel.

You could hold it up or just place it on your desk.

You might like to clip them together so one card doesn't get lost.

Make sure that your trusted adult understands what the cards mean and how they can help.

Green – It's all okay and you understand

Amber – You are feeling unsure or starting to struggle and help now might stop you needing to show the red card

Red - You are struggling and really need some help or even time out to clam



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