

附件 3.2

情緒紅綠燈



一二三，紅綠燈，情緒到，要小心！



當我留意到自己情緒太高漲而未能平復時，我可以……

停

停一停，深呼吸



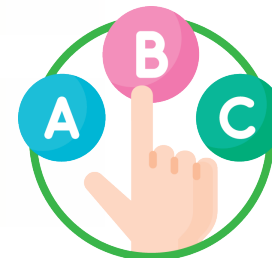
想

想一想，怎樣做



做

選擇效果最好的方法！





Red Light, Green Light, Stop, Think, Do.



When I find my feelings go too strong and cannot calm down, I can ...



Stop

Stop and breathe.



Think

Think about what I can do.



Do

Select one with the best outcome!

