

<p>Level 1</p> <p>I am feeling:</p> <ul style="list-style-type: none"> • A bit fidgety • A bit bouncy <p>(I can focus)</p>	<p>Level 2</p> <p>I am feeling:</p> <ul style="list-style-type: none"> • Quite fidgety • Quite bouncy <p>(I'm finding it difficult to focus and do the right thing)</p>	<p>Level 3</p> <p>I am feeling:</p> <ul style="list-style-type: none"> • Very fidgety • Very bouncy <p>(I am finding it very difficult to focus and do the right thing)</p>
<p>I can:</p> <ul style="list-style-type: none"> • Sit on my therapy ball • Fiddle with a fiddle toy • Use a chair with a theraband • Stand up to listen to the teacher <p>I should be able to:</p> <ul style="list-style-type: none"> • Listen to my teacher • Put my hand up • Focus on my work 	<p>I can:</p> <ul style="list-style-type: none"> • Do table pushes • Do big squeezes • Do chair pushes • Do wall pushes • Squeeze a squidgy ball • Sit on my ball if I can do small bounces <p>I should be able to:</p> <ul style="list-style-type: none"> • Listen to my teacher • Put my hand up • Focus on my work 	<p>I can:</p> <ul style="list-style-type: none"> • Ask to go for a walk • Leg hugs • Have a drink • Use a weighted cushion or similar • Take a theraband outside stand on one end and pull up • Use my level 2 strategies <p>I should be able to:</p> <ul style="list-style-type: none"> • Listen to my teacher • Put my hand up • Focus on my work