"I feel …" Digital Story – Mapping #2

Mapping – create a map about your school experiences; what you like, the things that make you feel good, and the things you do to help you stay or get back the green/yellow zone. This will help when **planning the filming.**

1. Think about **Spaces** in your school…

What spaces do you use at school?	Where do you like to spend your time?	Which places help you get to or stay in the green/yellow zone?

2. Think about the **People** in your school…

What people do you meet at school?	Who do you like to interact with (if anyone)?	Who helps you get to or stay in the green/yellow zone?

3. Think about some good and not so good **feelings** you have had at school…

Did you tell anyone about your feelings?	Who did you tell and how?	Did anyone see what zone you were in? How did they see it?

4. Think about who can **Help** you at school

Who is available to help you at school? **support**	Do you go to these people for help?	How do they know if you are in the orange, red or blue zone?

Name: _____ Date: _____

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> 5. You might not go to anyone for help. Think about how **You** stay or get back to green…

What keeps you in the green/yellow zone?	**What do you do to help get back to green/yellow?**	**Where do you go to get back to green/yellow?**
independence		

> 6. Think about your **Skills** and **Interests**

What are you really good at?	**What are you interested in, or what do you enjoy?**	**What objects or things do you like?**

Is there anything else about your school experience you can think of?