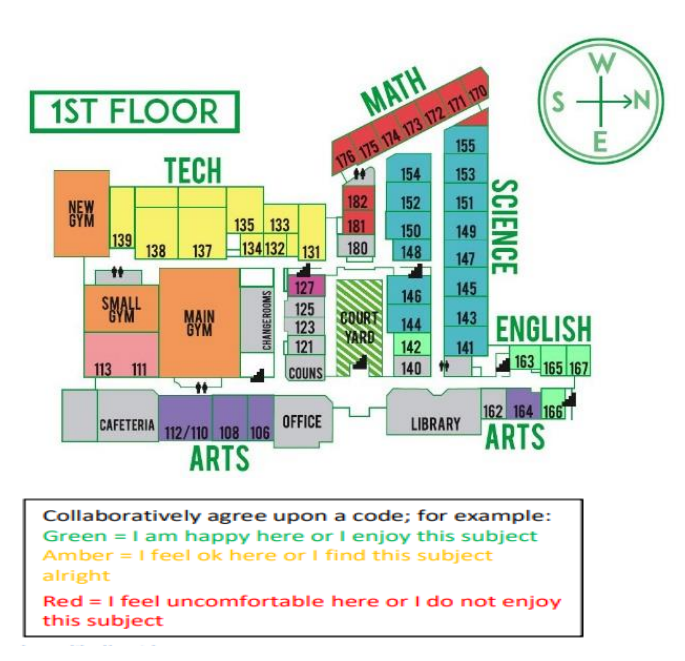
# **The RAG (Red, Amber, Green) Activity**

A tool often used by adults working with students showing school anxiety is to offer children and young people (CYP) the opportunity to review their timetable and places around school, identifying which lessons and areas are associated with a lot, some, or no anxiety.

**You will need: a timetable and/or 2d map or sketch of your school layout.**

****Using a red, amber and green anxiety code may help. Bear in mind that some CYP may experience anxiety just by thinking about some lessons / lunchtimes / break times / transition to or from school and may need the support of an empathetic adult during this activity. Exploration of the issues arising from this can provide useful information.

Using a timetable or map, you may wish to focus on specific lessons and/or areas of the school site.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1** | Science  CMA 13 | Maths  ST 3 | English  FH L6 | English  FH L6 | Technology  RR 21 |
| **2** | English  FH L6 | RE  MA J1 | RE  MA J1 | German  SDG T5 | History  DC J4 |
|  | **B** | **R** | **E** | **A** | **K** |
| **3** | History  DC J4 | Science  SWA S6 | PE  ZC SH | Geography  AG J6 | English  FH L6 |
| **4** | Technology  RR 21 | Geography  AG J6 | Citizenship  OM J2 | PE  ZC SH | Maths  ST 3 |
|  | **L** | **U** | **N** | **C** | **H** |
| **5** | Maths  ST 3 | Technology  ASE C1 | Music  JA 17 | Maths  ST 3 | Science  SWA S6 |