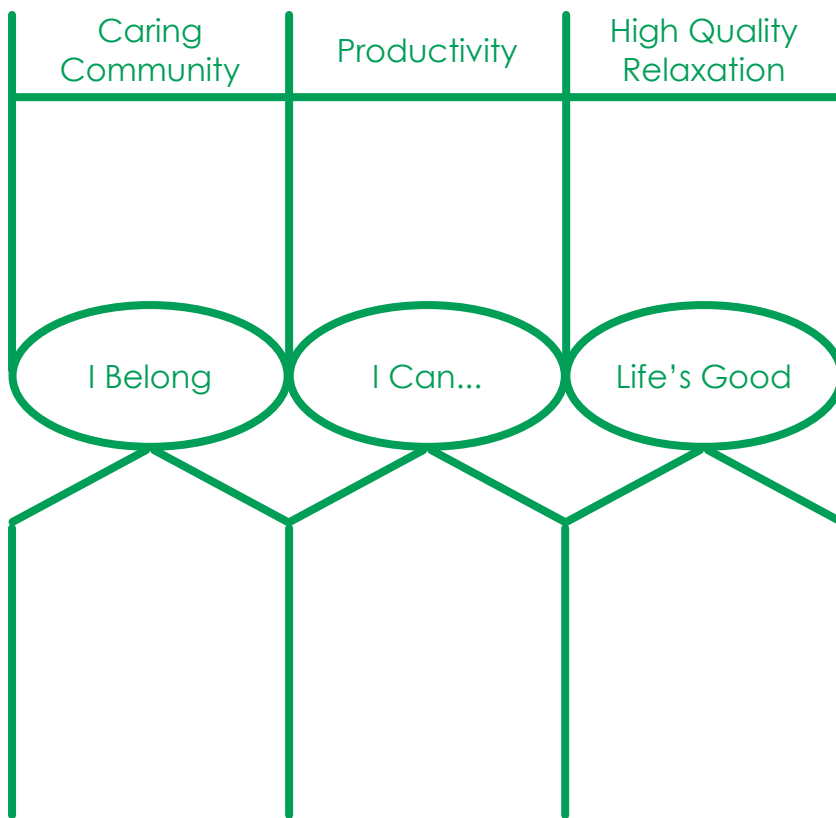


Easy Read Green Behaviour Scale.



The **GREEN** scale helps you and your support staff understand the things that are important to you. It can show them things that make you happy.



Sometimes you may feel unhappy.



The Support Staff will look at your Support Plan.
They read about the things that make you happy.



You may want to go for a walk.



You may want to listen to music.

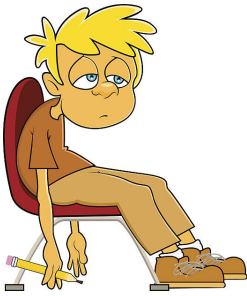


You may want a drink.

We call these things **High Quality Relaxation**.

When you feel relaxed you can cope better with stress.

It makes you feel **“Life is Good”**.



Sometimes you may feel bored.



The Support Staff will look at your Support Plan.

They read about the things that may stop you being bored.



You may like to help make lunch.



You may like to learn to make music.



You may like to grow vegetables.

Staff can help you do these things so you feel useful.
We call these things **Productivity**.

When you feel you are productive you can cope better with stress.

It makes you feel that **"I Can..."**.



Sometimes you feel lonely.

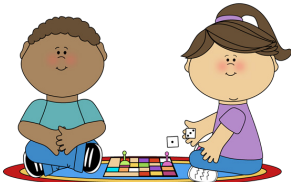


The Support Staff will look at your Support Plan.

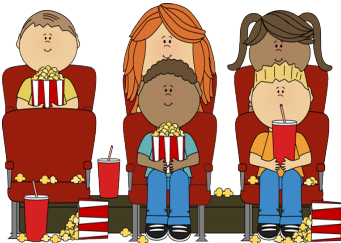
They read about the things that may stop you being lonely.



You may like to phone someone.



You may like to play a game with other people.



You may like to see a film with friends.

We call these things **Belonging to a Caring Community**.

When you're not alone you can cope better with stress.

It makes you feel **"I Belong"**.