



THREE COLOURS · ONE CARD · ONE DAILY RITUAL

What's My Road Today?

A worksheet kids fill in with someone they trust — then a card to cut out and stick on the fridge. Three colours, three roads, **one ritual that takes thirty seconds.** *You're the one who knows. Your answers matter most.*

MY NAME IS

I'M DOING THIS WITH

READ THIS FIRST · TOGETHER

Two people. One card. **Thirty seconds.**

This is a tool for kids and grown-ups to use together. The first part is a **worksheet** — three pages where the kid says what each colour feels like for them, and what helps. The second part is the **card itself**, ready to cut out, laminate, and stick on the fridge. Once it's up there, the worksheet stops; the card carries on.

FOR THE KID

Your answers are the most important thing in this whole worksheet.

If a colour feels like you, say so. If it doesn't, say so. **Both answers help.** The grown-up doing this with you isn't testing you, and there's no right answer to find. If you don't know yet, you can write *"I don't know yet."* That's a real answer. Take your time.

FOR THE GROWN-UP

Your job is to listen — not to translate, fix, or correct.

The kid leads. You can read the prompts aloud, you can write down what they say if their hands get tired, but their answers stay **their** answers. If they say *"that's not me"* — believe them. The "no" is just as useful as the "yes." Save your own thoughts for the closing page.

THREE RULES · FOR BOTH OF YOU

- 1 No right answers.** The kid's experience is the whole point. There's nothing to grade and nothing to get wrong.
- 2 Pause is allowed.** Either of you can say *"let's come back to this"* at any point. The worksheet keeps for another day.
- 3 Your colour is yours.** Once the card goes up on the fridge, no one else gets to argue with the colour you point to. Not now. Not later.

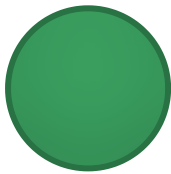
Cut it. Laminate it. Stick it on the fridge.

This is the bit that lives on the fridge. Twice a day — once in the morning, once after school — point to your colour. The grown-up notices, and that's it. No follow-up questions allowed.

✂ CUT HERE

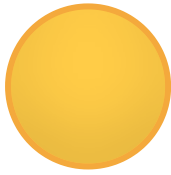
Daniel's Diaries™ Traffic Light Check-In

Point to your colour. No words needed.



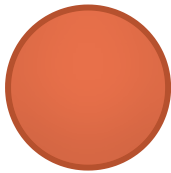
GREEN — *good road*

- I feel okay today.
- I can handle stuff.
- I'm ready for what's next.



YELLOW — *bumpy road*

- Things feel a bit much.
- I might need a pause soon.
- Quiet helps. Hurry doesn't.



RED — *roadblock*

- I'm stuck. I can't do more right now.
- I need help — not on my own.
- Don't ask me why. Not yet.

Morning and evening · twice a day · thirty seconds total

✂ CUT HERE

CUT · LAMINATE · FRIDGE · TWICE A DAY

GREEN · GOOD ROAD

When the traffic **is moving**.

**"I feel okay. I can handle stuff."**

Green doesn't mean the day was amazing or that nothing was hard. It just means your road is open and the traffic is moving.

TELL ME MORE

When my day feels green, the things that usually happened are...

Something that helps me start a green day is...

WHAT HELPS ME STAY GREEN

When I'm having a green day, the things that help me stay there are... *(tick what's true)*

- | | |
|--|---|
| ☐ Knowing what's coming next | ☐ Time to do my own thing |
| ☐ Movement — outside, sport, walk | ☐ Being with people I like |
| ☐ A bit of quiet in the day | ☐ Something else:
----- |

Grown-up notes. Listening only. Green is normal — it doesn't need to be celebrated. Notice what your kid names as "what helps me stay green". That list is your blueprint for the soft days.

YELLOW · BUMPY ROAD

When the traffic slows down.



"Things feel a bit much."

Yellow days aren't bad days. They're days where your road is bumpier than usual, and even small things might feel bigger than they normally would.

TELL ME MORE

The things that usually make a day feel yellow for me are...

When I'm yellow, what tips me into red the fastest is...

WHAT HELPS ME WHEN I'M YELLOW

When my day is yellow, the things that actually help are... *(tick what's true)*

- | | |
|---|--|
| ☐ Less talking, more quiet | ☐ Skipping the after-school stuff |
| ☐ A snack and not many questions | ☐ Dimmer lights or fewer sounds |
| ☐ Knowing what's about to happen | ☐ Something else:
----- |

Grown-up notes. Yellow is the most useful colour to catch. It's the warning before the warning. *Soft days, fewer demands, more transitions softened — that's the whole intervention.*

RED · ROADBLOCK

When the road is closed.



"I'm stuck. I can't do more right now."

Red doesn't mean you're broken. It means your road is closed, and the things that usually work — talking, fixing, trying harder — won't open it.

TELL ME MORE

When I say red, what's usually happening inside me is...

The thing I most need a grown-up to NOT do when I'm red is...

WHAT HELPS ME WHEN I'M RED

When my road is closed, what would actually help is... *(tick what's true)*

- ☐ You staying close, but quiet
- ☐ Not being asked any questions yet
- ☐ Knowing I'm not in trouble
- ☐ Help with the next thing — not on my own
- ☐ Time. Just time.
- ☐ Something else:

Grown-up notes. Red is past words. *Don't ask why. Don't problem-solve. Don't celebrate when it lifts.* Just stay close and let the road clear at its own speed.

MY WEEK · MY COLOURS

What patterns can I see?

After a week of using the card, come back to this page. Colour in each box with the colour you pointed to that morning or evening. Then look at the shapes — the days that are mostly green, the days that go yellow, the days the road closes. **The patterns are the point.**

MY WEEK

Colour in each box with the colour you pointed to. Leave it blank if you didn't check in that day.

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING							
EVENING							

GREEN

I'm usually green when...

YELLOW

I'm usually yellow when...

RED

I'm usually red when...

THE END OF THE WORKSHEET · THE START OF THE RITUAL

Now you have a way to say it without finding all the words.

You did the hard part — saying what each colour actually feels like for you. The grown-up did the hard part too — listening without fixing. Now the card lives on the fridge, and the ritual takes over from here.



The colour that felt most like me right now is...

FOR THE KID

One small thing I'd like the grown-up to do
when I point to a colour:

FOR THE GROWN-UP

One small thing I'll do differently when I see
the colour they point to:

WHEN WE'LL CHECK BACK IN

We'll come back to the worksheet in...

DATE WE DID THIS

DATE WE'LL TALK AGAIN

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This worksheet is grounded in Positive Behaviour Support principles — that the people closest to a child's experience are the experts on it, and that change comes from understanding, not correction. Thank you for using it together.