

## Template which staff can change and customise to suit an individual pupil to explain different emotions and strategies that might be helpful

Devised by Sarah Cobbe

<p>When I am happy...</p>          <p><b>Insert photo of the pupil when happy</b></p>	<p>I may feel relaxed</p> <p>SO...</p> <p>I like to smile</p> <p>I may laugh at people's jokes</p> <p>I may want to do lots of fun things with others</p>	<p>When I am angry...</p>          <p><b>Insert an angry image</b></p>
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I may feel hot and want to slam doors

SO...

I can go to the group room or a quiet space

Bounce on the big ball

Take deep, slow breaths and count to 20

When I am upset...

**Insert an image which  
illustrates being upset**

I may feel like crying and have a headache

SO...

I can take deep, slow breaths and count to 20

I can ask for a drink

I can sit somewhere quiet

<p>When I am tired or grumpy</p> <p style="text-align: center;"><b>Insert appropriate image</b></p>	<p>I may want to be on my own or shout at people</p> <p style="text-align: center;">SO...</p> <p>I can talk to an adult and explain the problem</p> <p>Ask for 5 minutes rest from my work</p> <p>Go to bed early that night</p>	<p>Pupil name</p> <p style="text-align: center;"><b>Insert pupil photo</b></p>
<p>When I am confused or worried</p> <p style="text-align: center;"><b>Insert appropriate image</b></p>	<p>I may feel like I'm going to make a mistake and that people will be cross with me</p> <p style="text-align: center;">SO...</p> <p>I can ask for help and explain the problem</p> <p>I can take deep slow breaths and count to 10</p> <p>I can calm myself with a favourite book or computer programme</p>	<p>I am a boy who works hard and always tries to do the right thing.</p> <p>I know lots of interesting facts and like to share them with other people.</p> <p>I sometimes make mistakes, but this is ok. Everyone does it sometimes. It is part of going to school and growing up.</p> <p>This key ring can help me when I am feeling hot and bothered</p>