



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>