












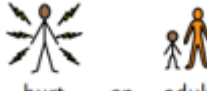






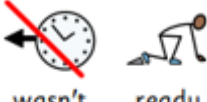

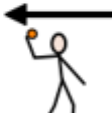




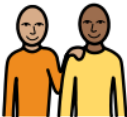






























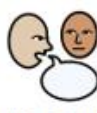



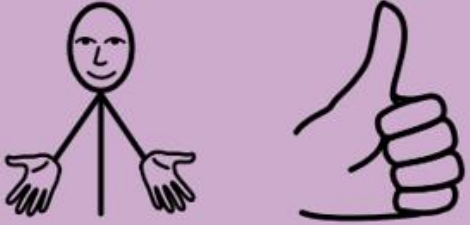



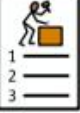




 sad	 sorry	 guilty	 ashamed	 scared
 good	 How do you feel now?			 worried
 happy				 unsure
 tired	 calm	 better	 okay	 something different

 broke something	 scribbled on something	 hurt an adult	 hurt a child	 was unsafe
 took my clothes off	 What happened?			 wasn't respectful
 swore				 wasn't ready
 didn't listen	 threw something	 ran off	 tore my work	 something different

 me	 a friend	 a teacher	 a MDS	 my class
 my mum	 <h2>Who has been affected?</h2>			 other children
 my dad				 group
 my family	 people in the community	 animals	 my carer	 someone else

 talk to an adult	 ask to go outside	 go to a calm space	 go for a run	 get a fidget toy
 physical checklist	 <h2>Next time I could...</h2>			 1 2 3 count to 10
 play with someone else				 walk away
 ask for help	 take deep breaths	 tell someone how I feel	 have a drink	 something different

 worried	 fidgety	 confused	 angry	 sad
 irritated	 What were you thinking or feeling?			 excited
 giggly	 distracted			
 silly	 hungry / thirsty	 anxious	 scared	 something different

 write it down	 write a letter	 talk to someone	 say sorry	 fix something
 get dressed	 What needs to happen to put it right?			 tidy up
 have thinking time	 clean something			
 make a plan	 practise	 finish my work	 get energy out	 something different