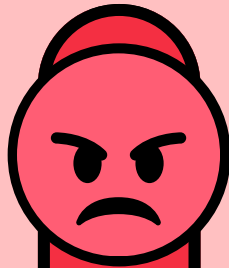


How am I feeling?



I feel ANGRY

You might see stomping, scared shouting, arguing, hitting, being scared or having meltdowns.

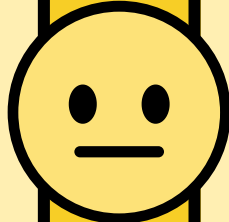


Help me by - STOPPING

We could take a break, go for a run, use a fidget toy, count to 10 (or 100), or try a different activity - do not discuss or resolve the incident I am not ready.

I feel WOBBLY

You might see me being silly, confused, nervous, worried, embarrassed or frustrated.



Help me by - SLOWING DOWN

We could try deep breaths, talking to someone, going for a walk, counting to ten, using positive affirmations, thinking of a peaceful place

I feel HAPPY

You might see me smiling, happy, being proud, confident and at peace



Help me by - CONTINUING

Now is a good time for me learn eg by sensory stories, to help others, share my ideas , talk about my successes, smile and reward me.

I feel LOW

I might be sick, unhappy, bored, disappointed, shy, tired, withdrawn or tearful



Help me by - SUPPORTING

Depending on the reason we could try resting and taking a break or stretching and moving our body, talking to friends, asking for help, listening to music or having a hug may also help.

