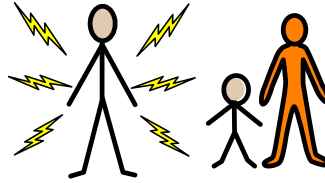




broke something



scribbled on something



hurt an adult



hurt a child



was unsafe



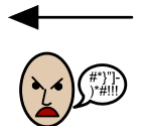
took my clothes off



What happened?



wasn't respectful



swore at someone



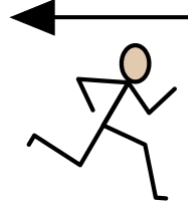
wasn't ready



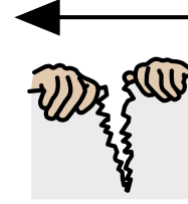
didn't listen to instructions



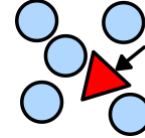
threw something



ran off



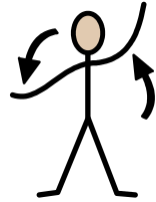
tore my work



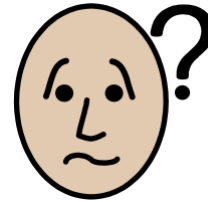
something different



worried



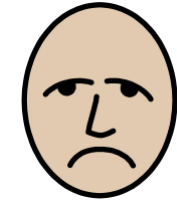
fidgety



confused



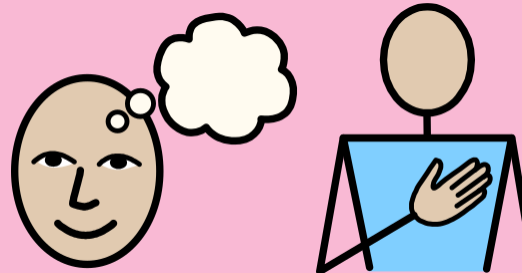
angry



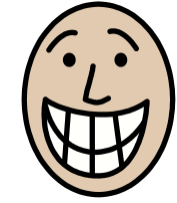
sad



anxious



What were you
thinking or feeling?



excited



giggly



distracted



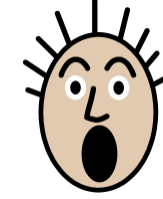
silly



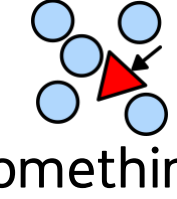
fizzy



anxious



scared



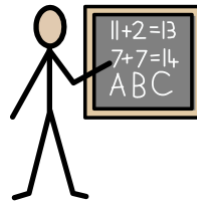
something
different



me



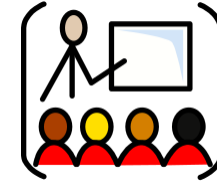
a friend



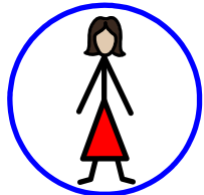
a teacher



an MDS



my class



my mum



Who has been affected?



other children



my dad



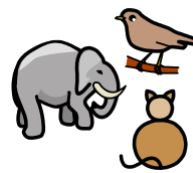
group



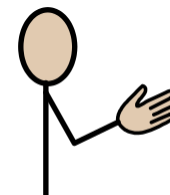
my family



people in the community



animals



my carer



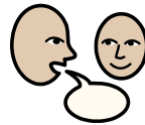
someone else



write it down



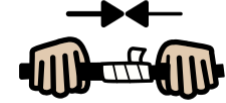
write a letter



talk with
someone



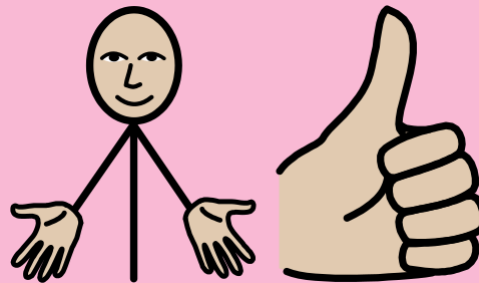
say sorry to
someone



fix something



have thinking
time



What needs to
happen to put it right?



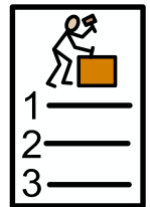
tidy up



make a
change



clean
something



make a plan



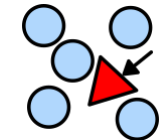
practice



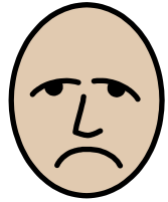
finish my
work



get dressed



something
different



sad



sorry



guilty



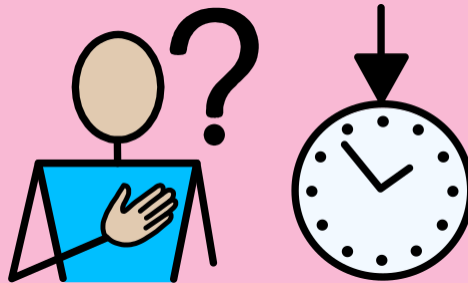
ashamed



scared



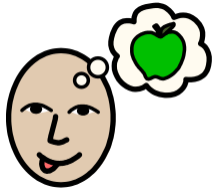
fizzy



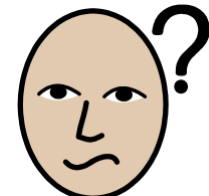
How do you feel
now?



worried



hungry



unsure



tired



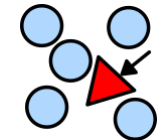
calm



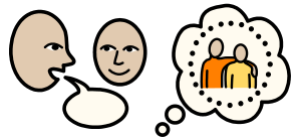
better



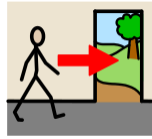
okay



something
different



talk to a trusted adult



ask to go outside



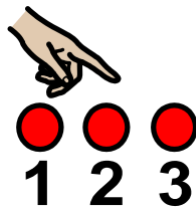
go to my calm space



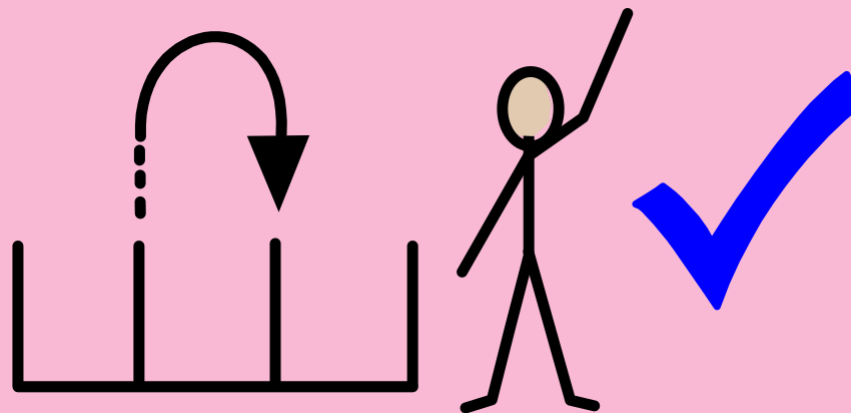
go to the regulation station



get a fiddle toy



count to 10



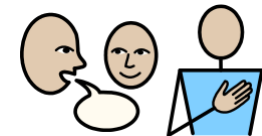
Next time I could...



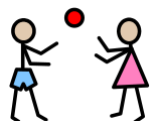
use an ALD



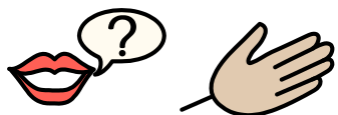
walk away



tell someone how I feel



play with someone else



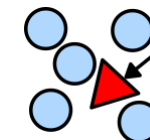
ask for help



make a change



take deep breaths



something different