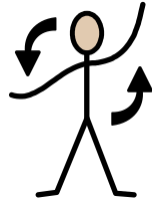
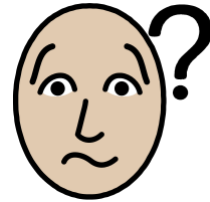


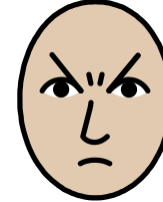
worried



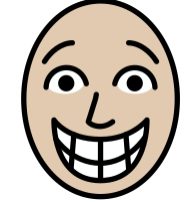
fidgety



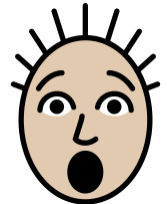
confused



angry



excited



scared



What were you
thinking or feeling?



distracted



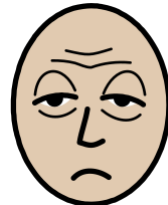
silly



not okay



frustrated



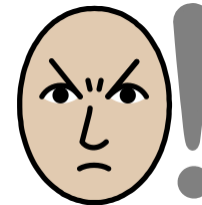
tired



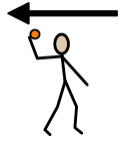
giggly



fizzy



out of control



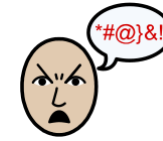
threw
something



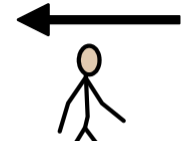
pushed
someone



shouted at
someone



rude to
someone



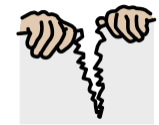
walked off



scribbled on
work



What happened?



ripped my
work



spat at
someone



broke
something



something
else



unkind to
someone



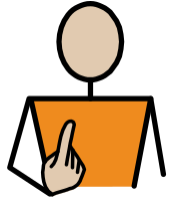
kicked
someone



hurt
someone



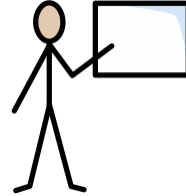
something
else



me



my friend



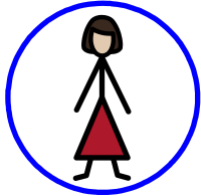
my teacher



another child



my TA



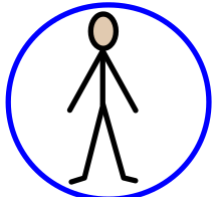
my mum



Who has been affected?



a group



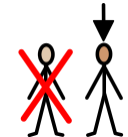
my dad



midday supervisor



my family



someone else



sad



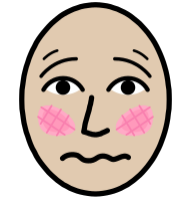
sorry



guilty



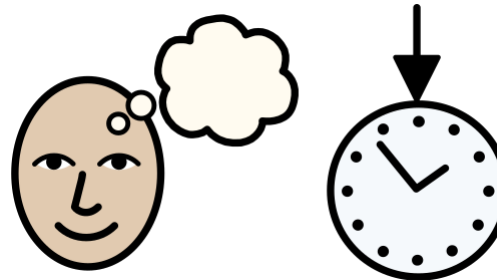
stressed



ashamed



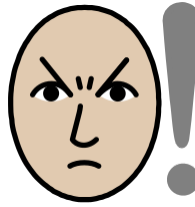
better



What are you thinking
or feeling now?



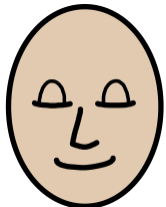
not okay



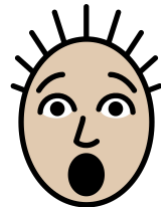
mad



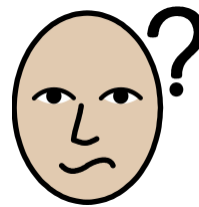
okay



calm



scared



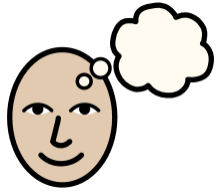
unsure



fizzy



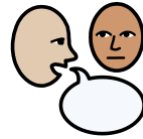
something
else



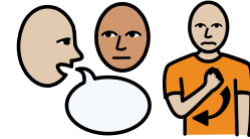
make a plan



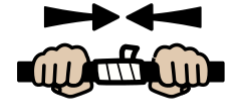
write a letter



talk to
someone



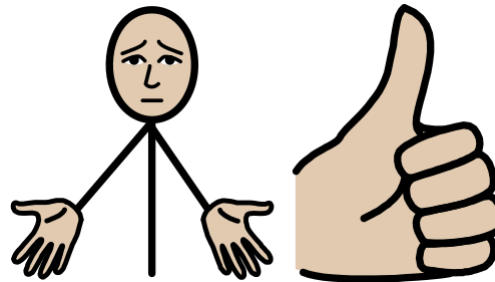
say sorry to
someone



fix something



thinking time



What needs to
happen to put it right?



tidy
something



think about
zones



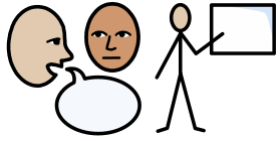
lost chances
slip



quiet time



something
else



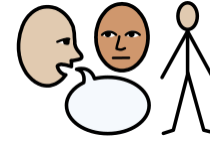
talk to a teacher



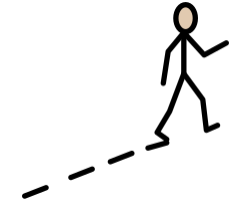
ask for quiet time



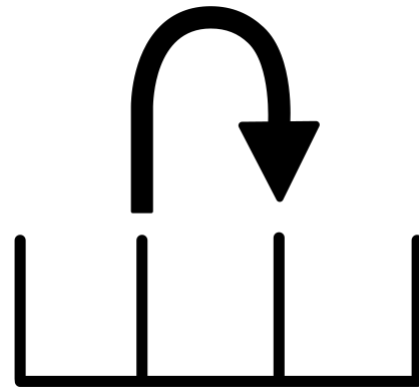
fiddle with something



talk to someone



walk away



Next time I could...



play with someone else



1 2 3
count to 10



take deep breaths



sit near someone else



something else