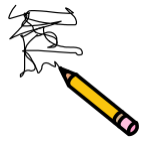
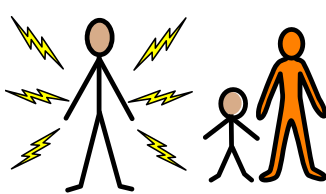




broke
something



scribbled on
something



hurt an adult



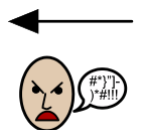
hurt a child



was unsafe



took my
clothes off



swore at
someone



What happened?



wasn't
respectful



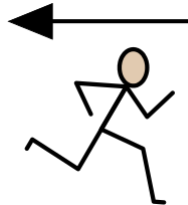
wasn't ready



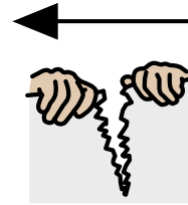
didn't listen to
instructions



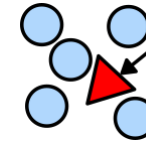
threw
something



ran off



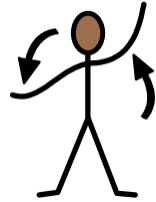
tore my work



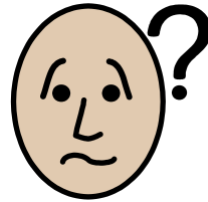
something
different



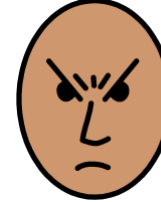
worried



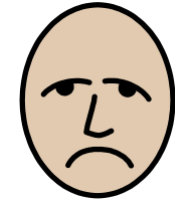
fidgety



confused



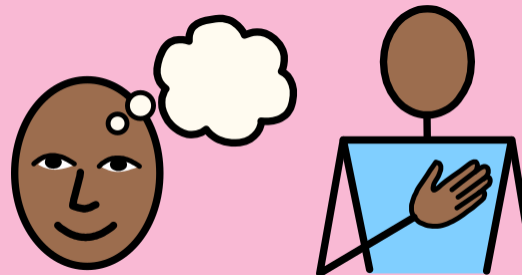
angry



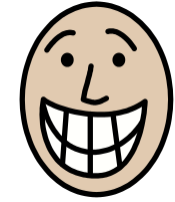
sad



anxious



What were you
thinking or feeling?



excited



giggly



distracted



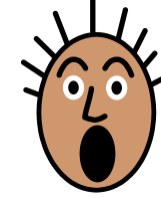
silly



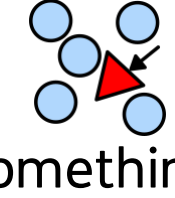
fizzy



anxious



scared



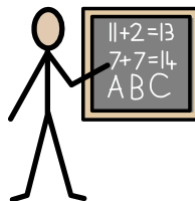
something
different



me



a friend



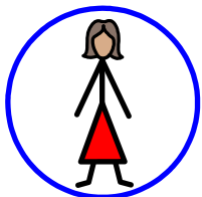
a teacher



an MDS



my class



my mum



my dad



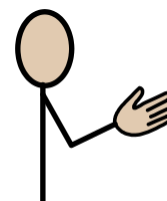
my family



people in the
community



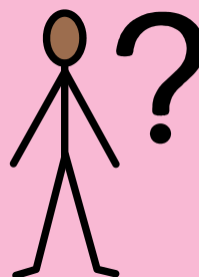
animals



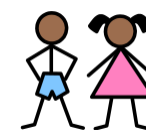
my carer



someone
else



Who has been
affected?



other
children



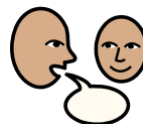
group



write it down



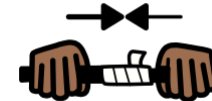
write a letter



talk with
someone



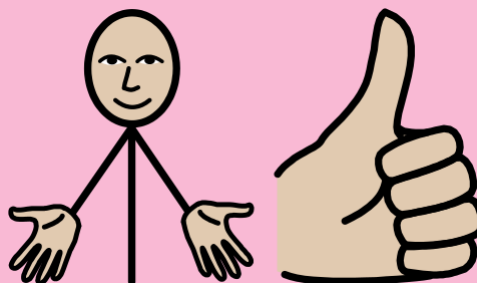
say sorry to
someone



fix something



have thinking
time



What needs to
happen to put it right?



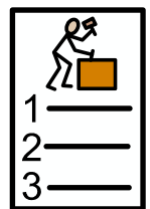
tidy up



make a
change



clean
something



make a plan



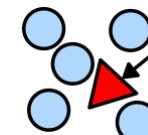
practice



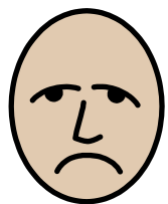
finish my
work



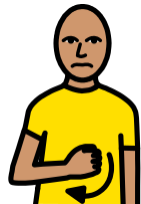
get dressed



something
different



sad



sorry



guilty



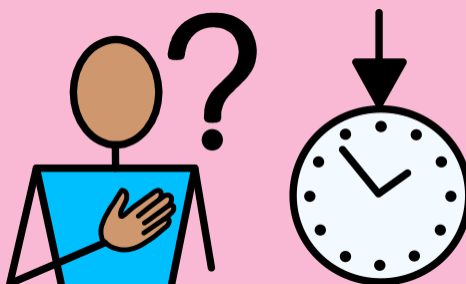
ashamed



scared



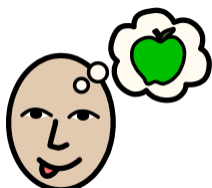
fizzy



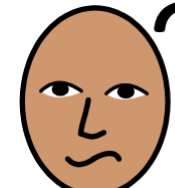
How do you feel
now?



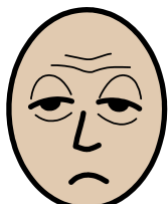
worried



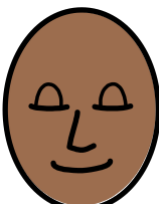
hungry



unsure



tired



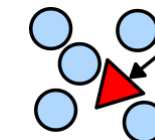
calm



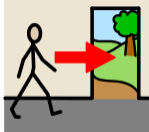
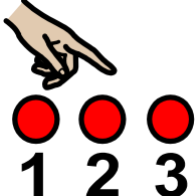
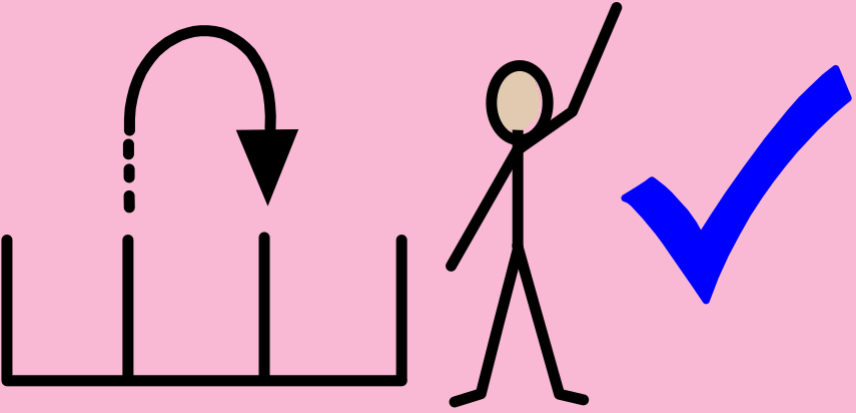
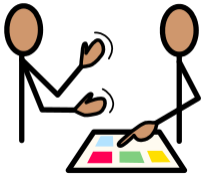
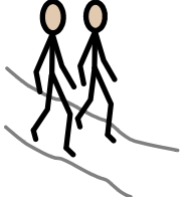
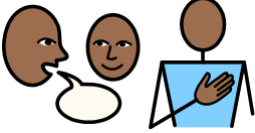
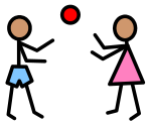
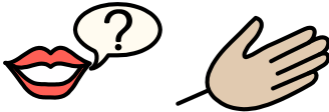
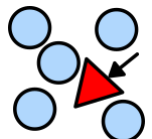
better



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