



made silly
noises



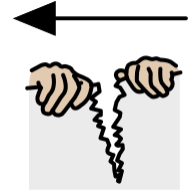
shouted at
someone



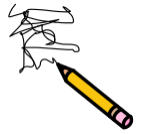
rude to
someone



walked off



tore my work



scribbled on
work



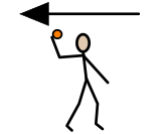
What happened?



shouted out



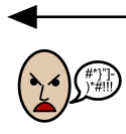
broke
something



threw
something



hurt
someone



swore at
someone



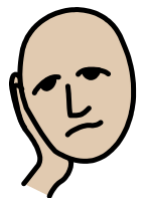
hurt myself



pushed
someone



something
else



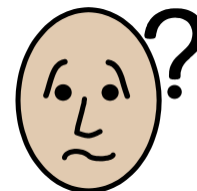
bored



silly



giggly



confused



scared



sad



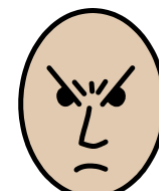
What were you
thinking or feeling?



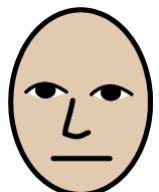
worried



embarrassed



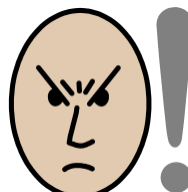
annoyed



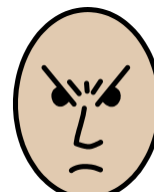
okay



out of
control



mad



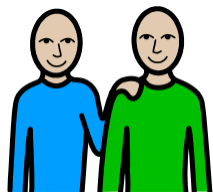
angry



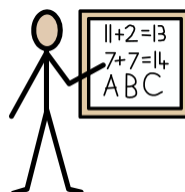
something
else



Me



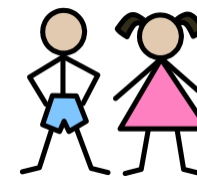
A friend



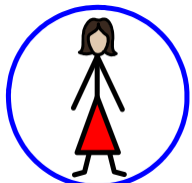
A teacher



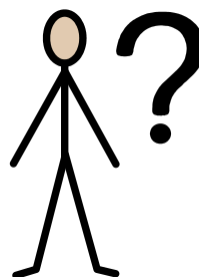
A TA



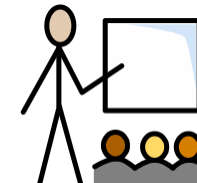
A classmate



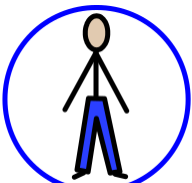
My mum



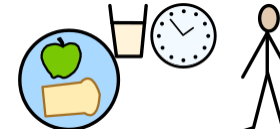
Who has been
affected?



Whole class



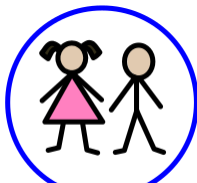
My dad



Lunchtime
supervisor



My brother



My sister



Speech
therapist



Reception



someone
else



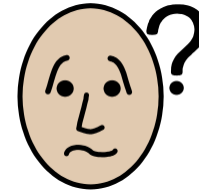
sad



sorry



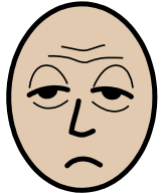
guilty



confused



scared



tired



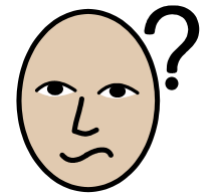
What are you thinking
or feeling now?



worried



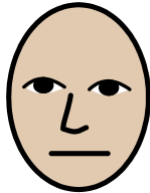
ashamed



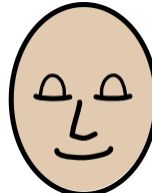
unsure



better



okay



calm



happy



something
else



say sorry to
someone



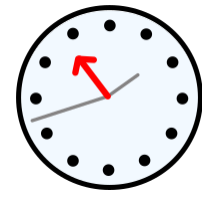
write it down



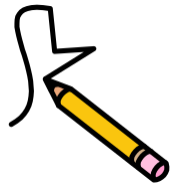
write a letter



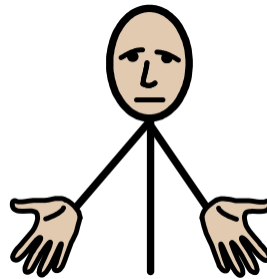
have a drink



minutes



draw



What needs to happen
to make it right?



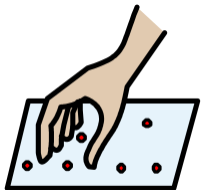
fix
something



tidy up



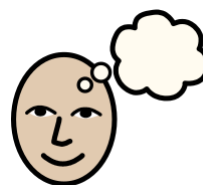
think about
Zones



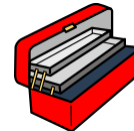
pick it up



make a
change



make a plan



get my
toolbox



something
else



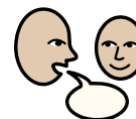
Talk to a teacher



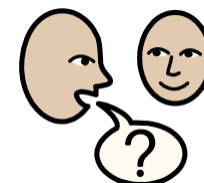
Ask for time out



Fiddle with something



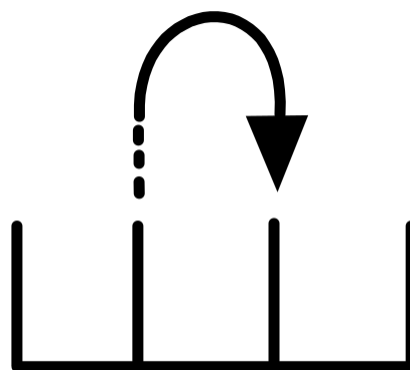
Talk to someone



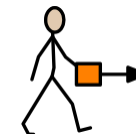
Ask for help



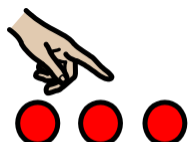
Get a drink



Next time I could...



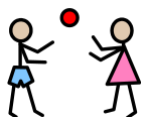
Take deep breaths



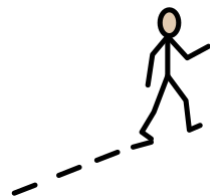
Count to 10



Sit next to someone else



Play with someone else



Walk away



Make a change



Think about Zones



something else