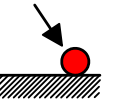






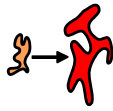

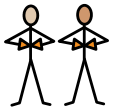
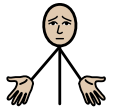
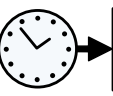
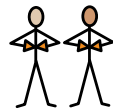
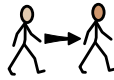



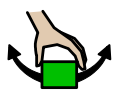


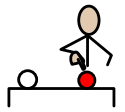


Emotional regulation cards

 There are lots of times in school when things can become overwhelming and we need

 time to regulate ourselves. The following cards are tools you can use to help with this.










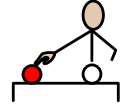

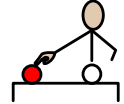
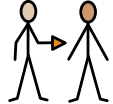
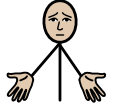







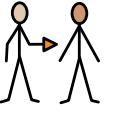


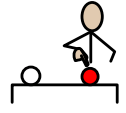


 When you feel yourself becoming stressed place one of these cards on your desk

 for 5 minutes and engage in that thing that you need. The staff working with









 you are aware of what this is and will leave you do this.



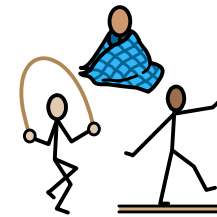
Brain



break



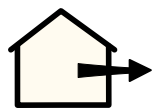
Toilet



Sensory circuit



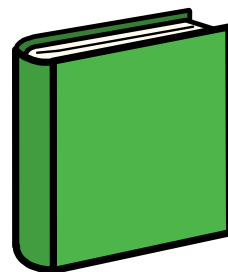
Time



outside



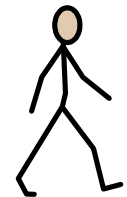
class



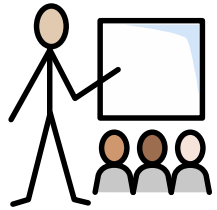
book



Rainbow



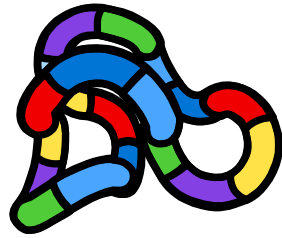
walk



Class



job



Fidget toy