



made silly noises



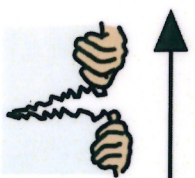
shouted at someone



rude to someone



walked off



tore my work



scribbled on work



broke something



shouted out



threw something

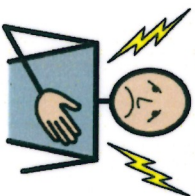
# What happened?



hurt someone



swore at someone



hurt myself



pushed someone



something else



bored



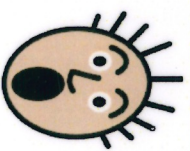
silly



giggly



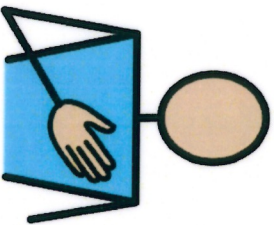
confused



scared



sad



# What were you

# thinking or feeling?



embarrassed



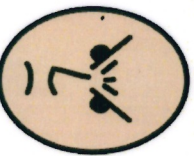
annoyed



okay



mad



angry



something  
else

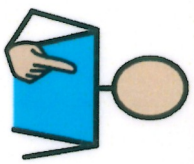


out of  
control

mad

angry

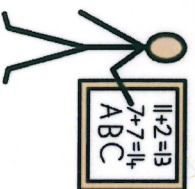
something  
else



Me



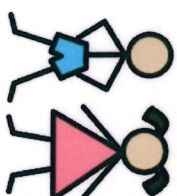
A friend



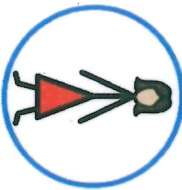
A teacher



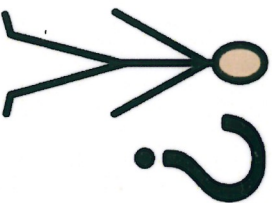
A TA



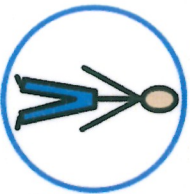
A classmate



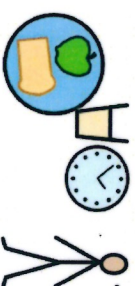
My mum



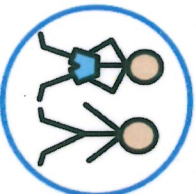
Who has been affected?



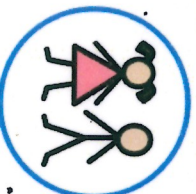
My dad



Lunchtime supervisor



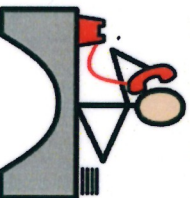
My brother



My sister



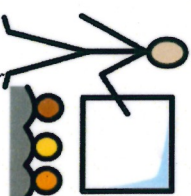
Speech therapist



Reception



someone else



Whole class



say sorry to someone



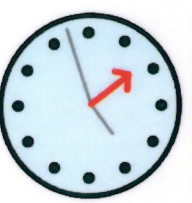
write it down



write a letter



have a drink



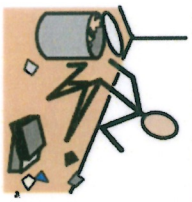
minutes



draw



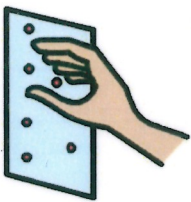
fix something



tidy up



think about Zones



pick it up



make a change



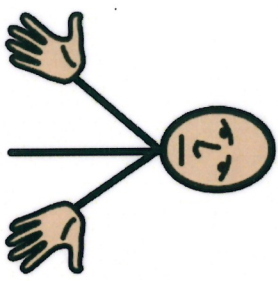
make a plan



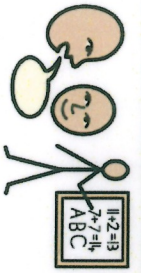
get my toolbox



something else



What needs to happen to make it right?



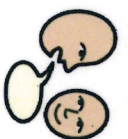
Talk to a teacher



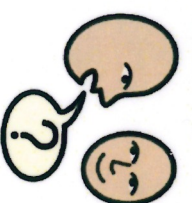
Ask for time out



Fiddle with something



Talk to someone



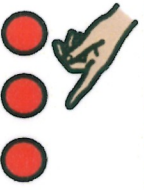
Ask for help



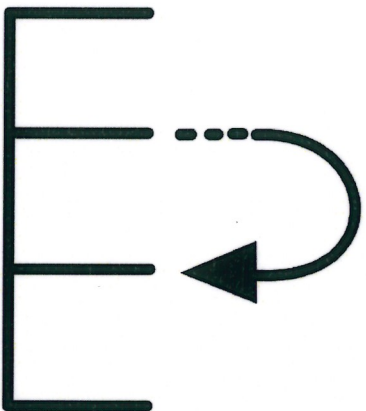
Get a drink



Take deep breaths



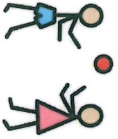
Count to 10



Next time I could...



Sit next to someone else



Play with someone else



Walk away



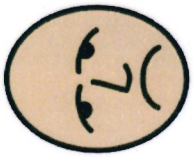
Make a change



Think about Zones



something else



sad



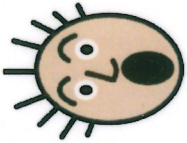
sorry



guilty



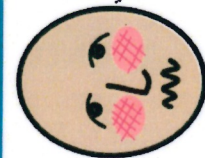
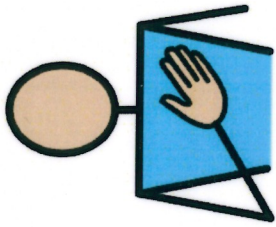
confused



scared



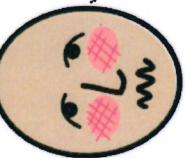
tired



ashamed



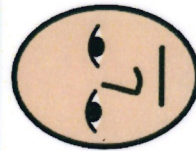
worried



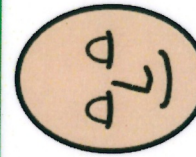
unsure



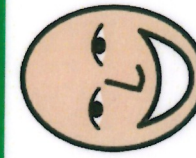
better



okay



calm



happy

What are you thinking  
or feeling now?



something  
else