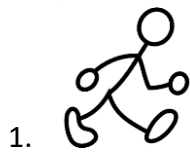


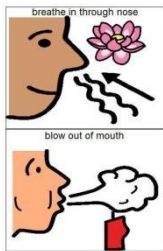
If I get cross when playing a game with my sister I need to



Walk away



Find a quiet place.



3.

Sit down take 10 deep breaths in and out.



4.

Use my tool box OR.....



Hug and squeeze myself, or



wrap up in duvet



5. Think helpful thoughts:-

