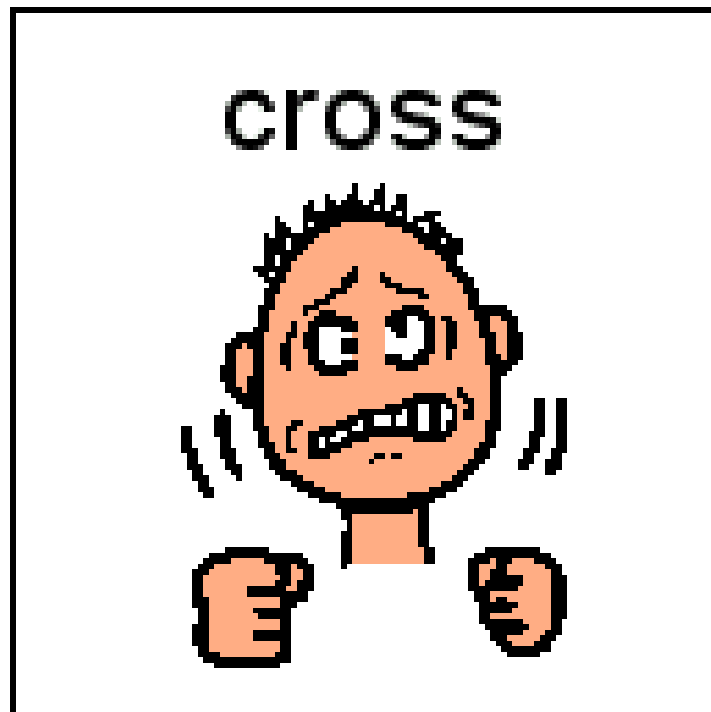


What to do when I feel cross



Sometimes I might
feel sad or cross.



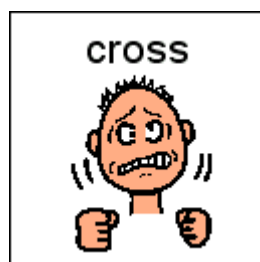
sad



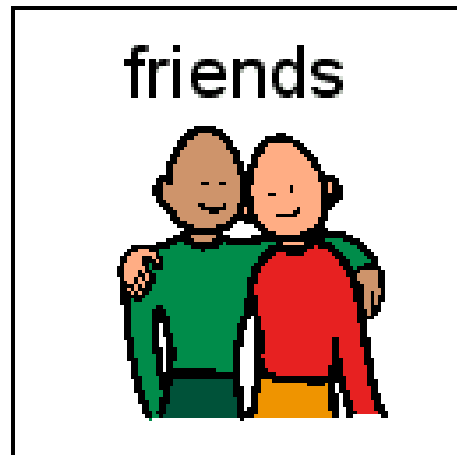
cross



It is OK to feel cross.



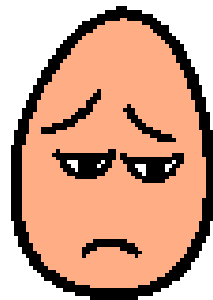
When I feel cross,
I do not bite staff
or my friends.



If I bite staff and
my friends will feel
very sad.

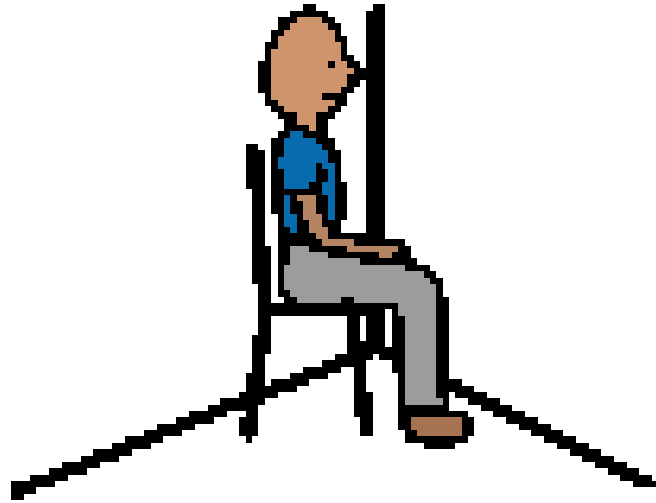


sad

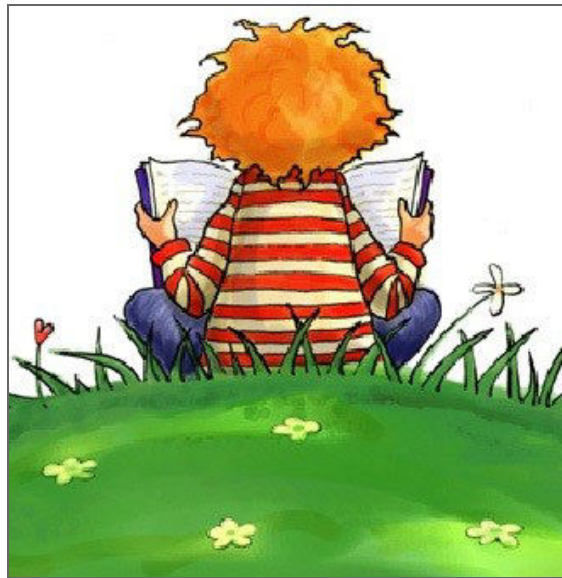


I need time to calm
down.

time to calm



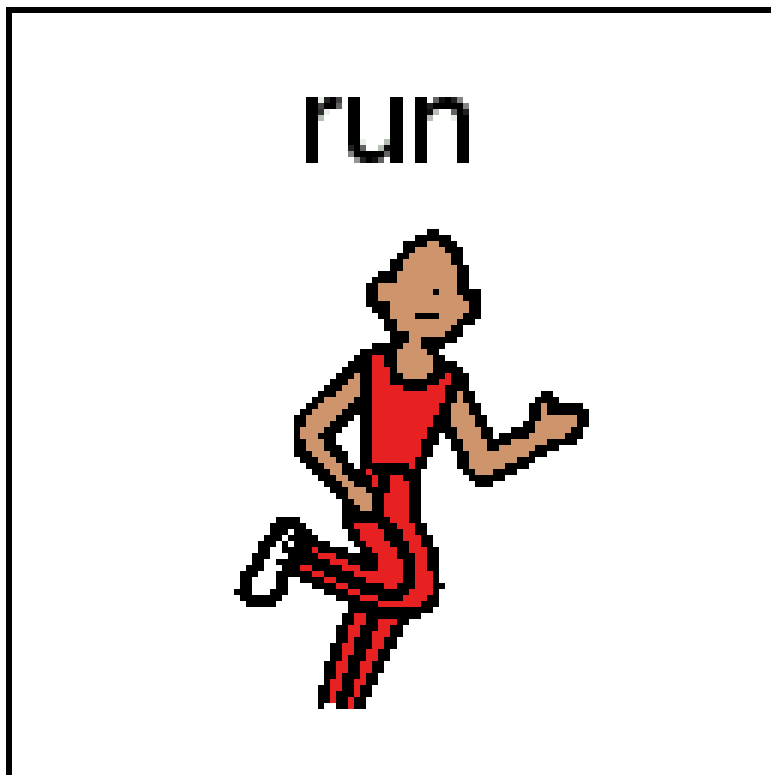
I will have some
time out by myself
to help me to feel
calm.



time to calm

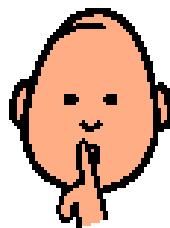


I can have a run
around to help me
to feel happy.

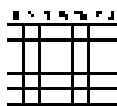


An adult will talk to me in a quiet voice to tell me what will happen next.

quiet voice



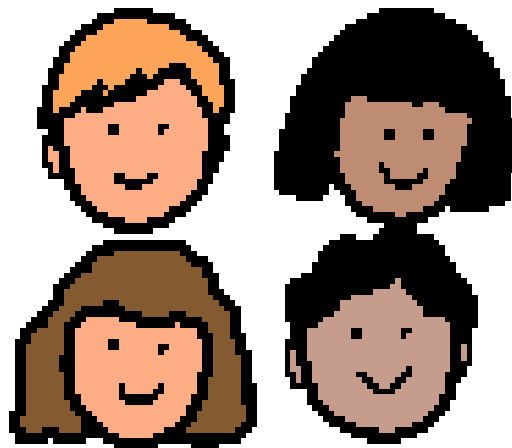
happen next



| S U N M T W T F S | | | | | | |
|-------------------|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

When I feel Ok I
can come back into
class and join my
friends.

class



Everyone will be
very pleased with
me.

