

Lewis Pennington's Bedtime Book



**When it's bedtime, I
will go for shower. My
mum or dad will help
me.**



I will dry myself and put on my pyjamas.



I will read my book with
my mum or my dad.



I will go to bed. I will get into my own bed and stay there. I will not cry. I am a good boy.

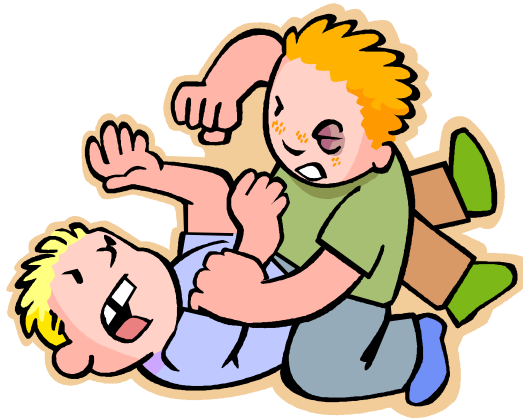


Being kind
to everyone

When I play with my friends I take them by the hand and ask them to come and play.



I must not push my friend,
kick or spit at them, this will
make them sad, and they will
be frightened of me.



No!



If I hurt my friends and upset them, they will not want to play with me.

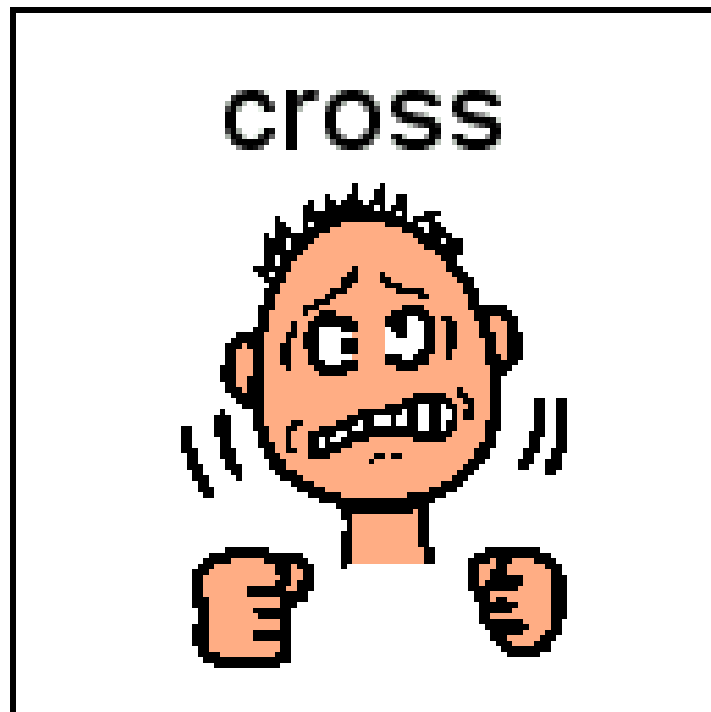
I must be nice and kind to everyone.
My teachers
My friends
My family
Dinner ladies

Can you think of anymore people we
Should be kind to?

When I am kind and play nicely,
everyone is happy with me.



What to do when I feel cross



Sometimes I might
feel sad or cross.



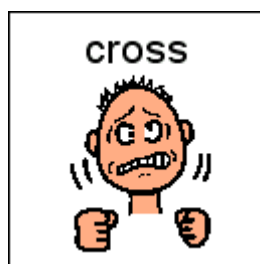
sad



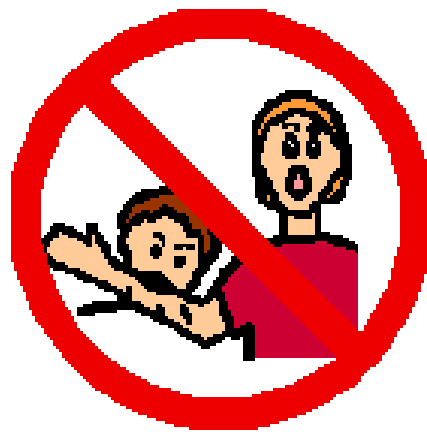
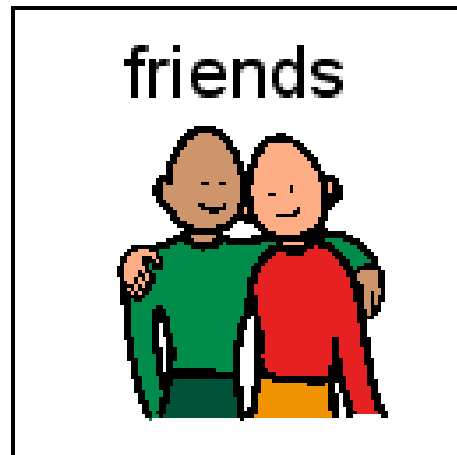
cross



It is OK to feel cross.



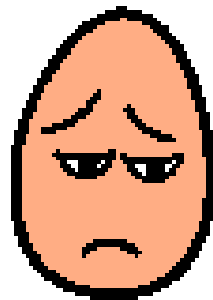
When I feel cross,
I do not bite staff
or my friends.



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

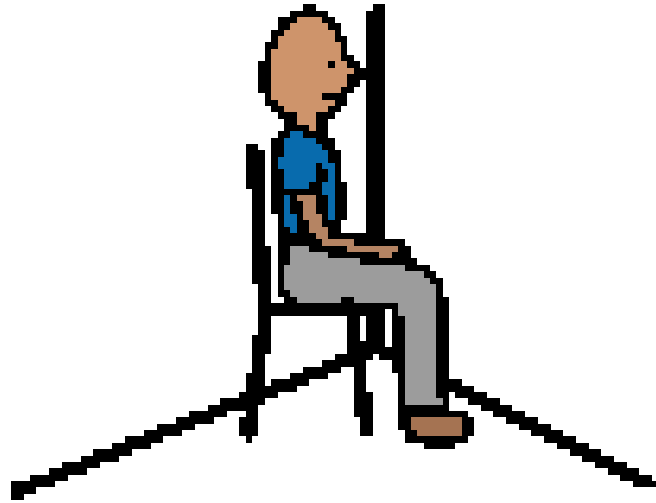


sad

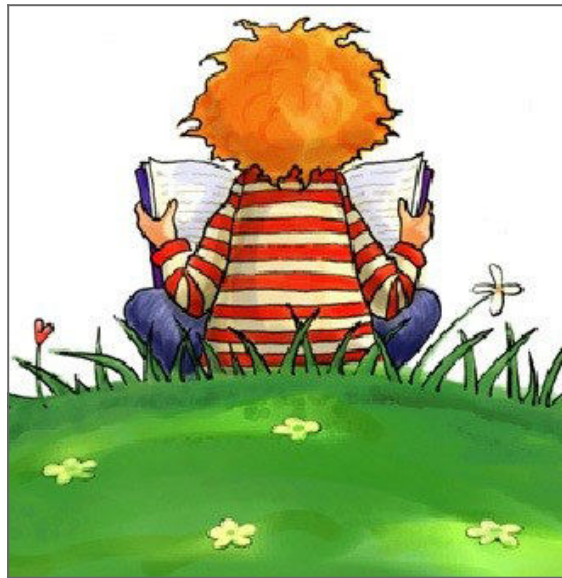


I need time to calm
down.

time to calm



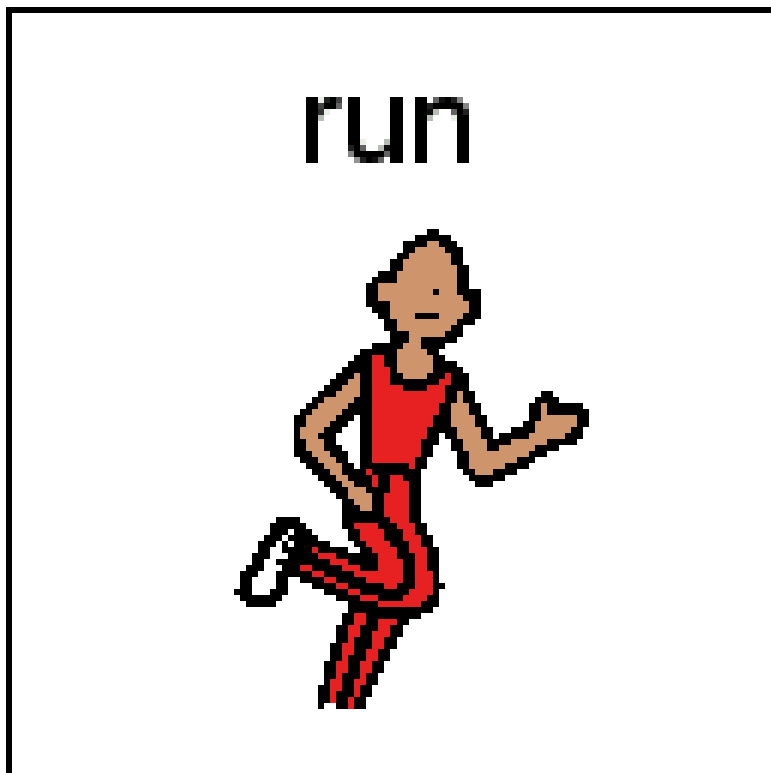
I will have some
time out by myself
to help me to feel
calm.



time to calm

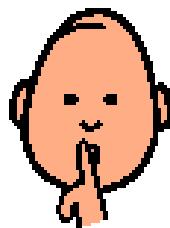


I can have a run
around to help me
to feel happy.

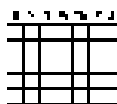


An adult will talk to me in a quiet voice to tell me what will happen next.

quiet voice



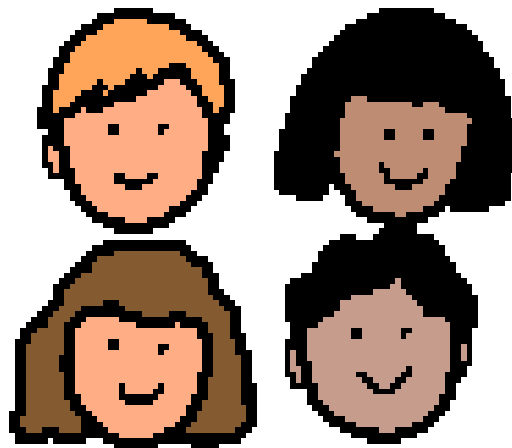
happen next



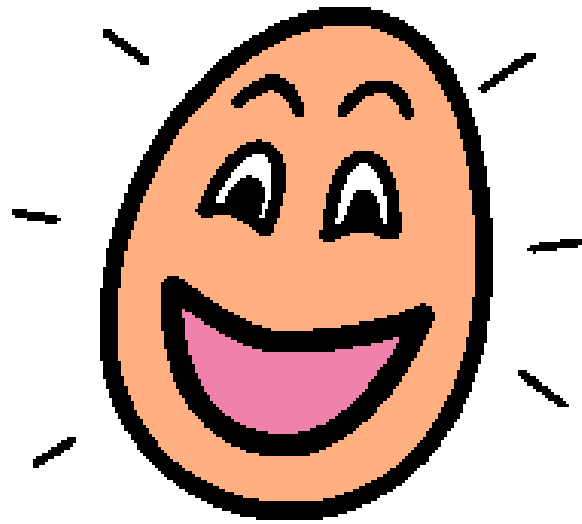
S U N M T W T F S						
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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

class



Everyone will be
very pleased with
me.

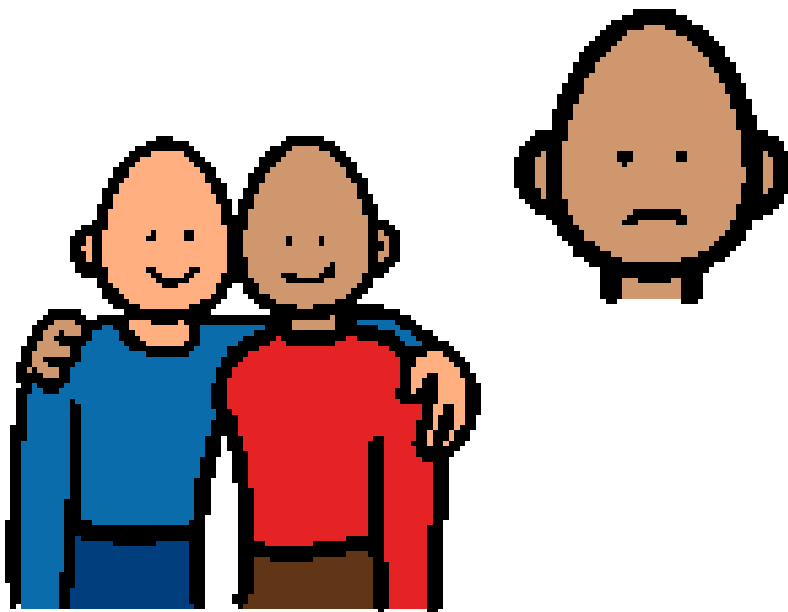


What should I do if I
get upset in the playground?

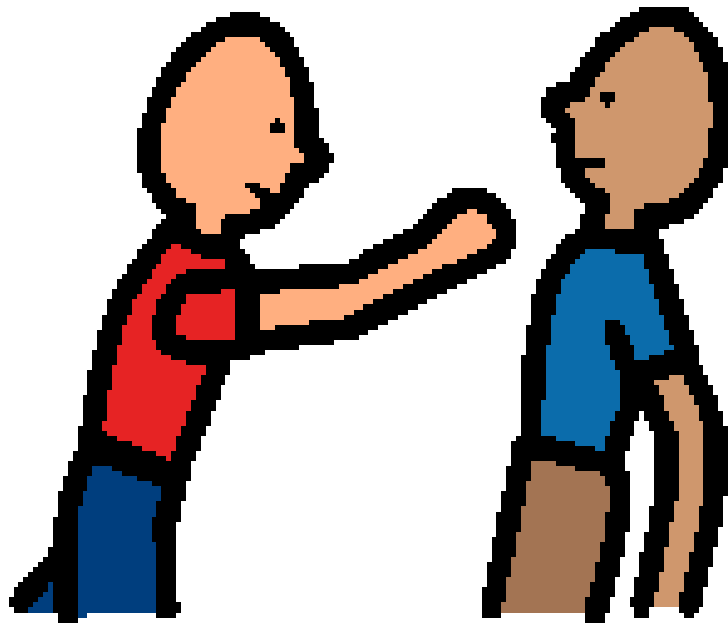
At playtime I play outside
with my friends.



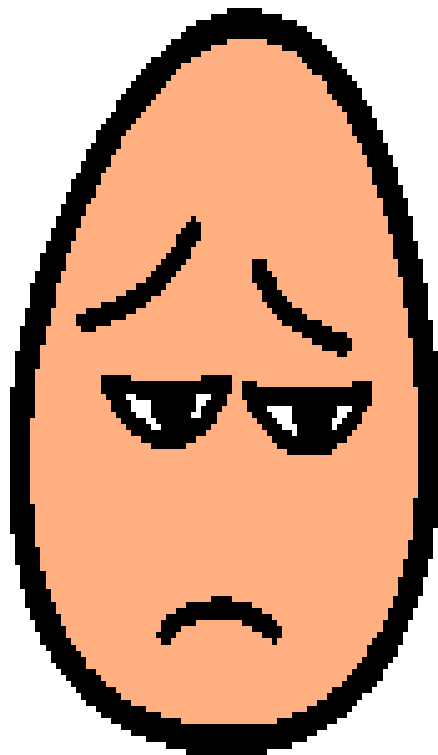
Sometimes I want to play
a game and the other
children don't want to.



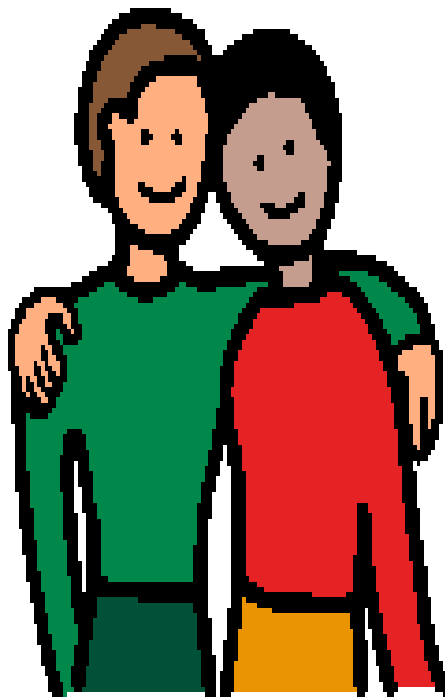
This makes me cross and
sometimes I hurt them
because I am upset.



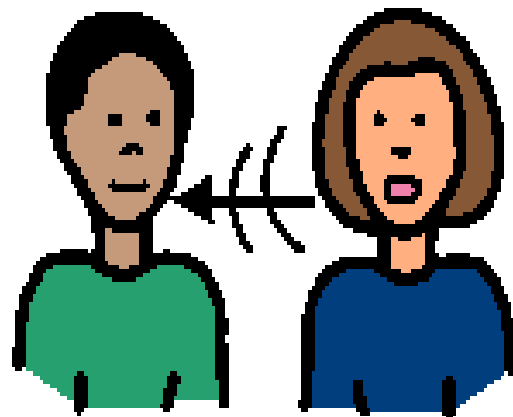
This makes them feel sad
and I have to move away
from them.



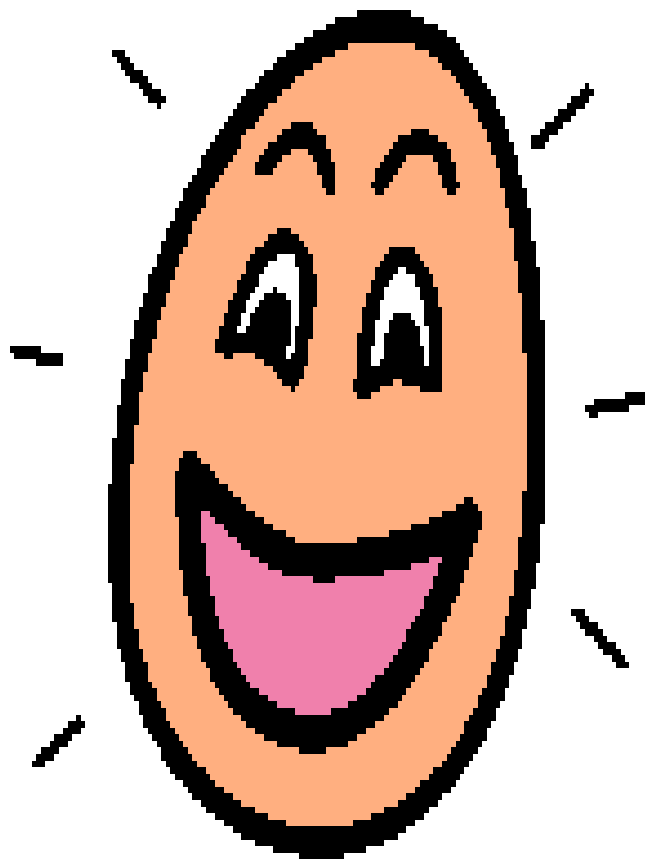
I will try to remember that if they don't want to play its ok. I can go and play with someone else or join in their game.



If I do feel cross I will try and count to 10 in my head and walk away. I can tell a teacher and they will help me.



Doing this will make
everyone feel happy.



Friends



If I work hard in the
morning



Even if I don't sit with
***** , she is still my
friend.

Put in photo of the friends

I can sit by my friend
**** in the afternoon.

Put in photo of friend.

In the afternoon *****
and ***** can work
together.



I can be happy when I
work with my friend.



I can be happy when I
work on my own.



Lining up

When an adult tells
the class to line up.



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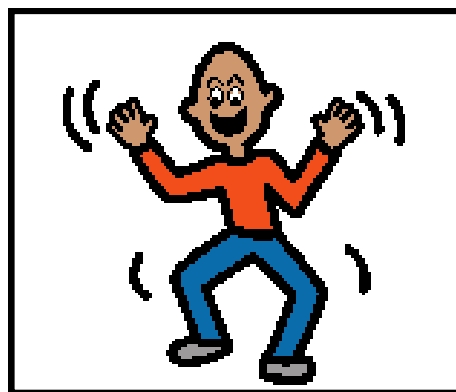
I cannot always be first.



I have to stand in the line , not
at the front.

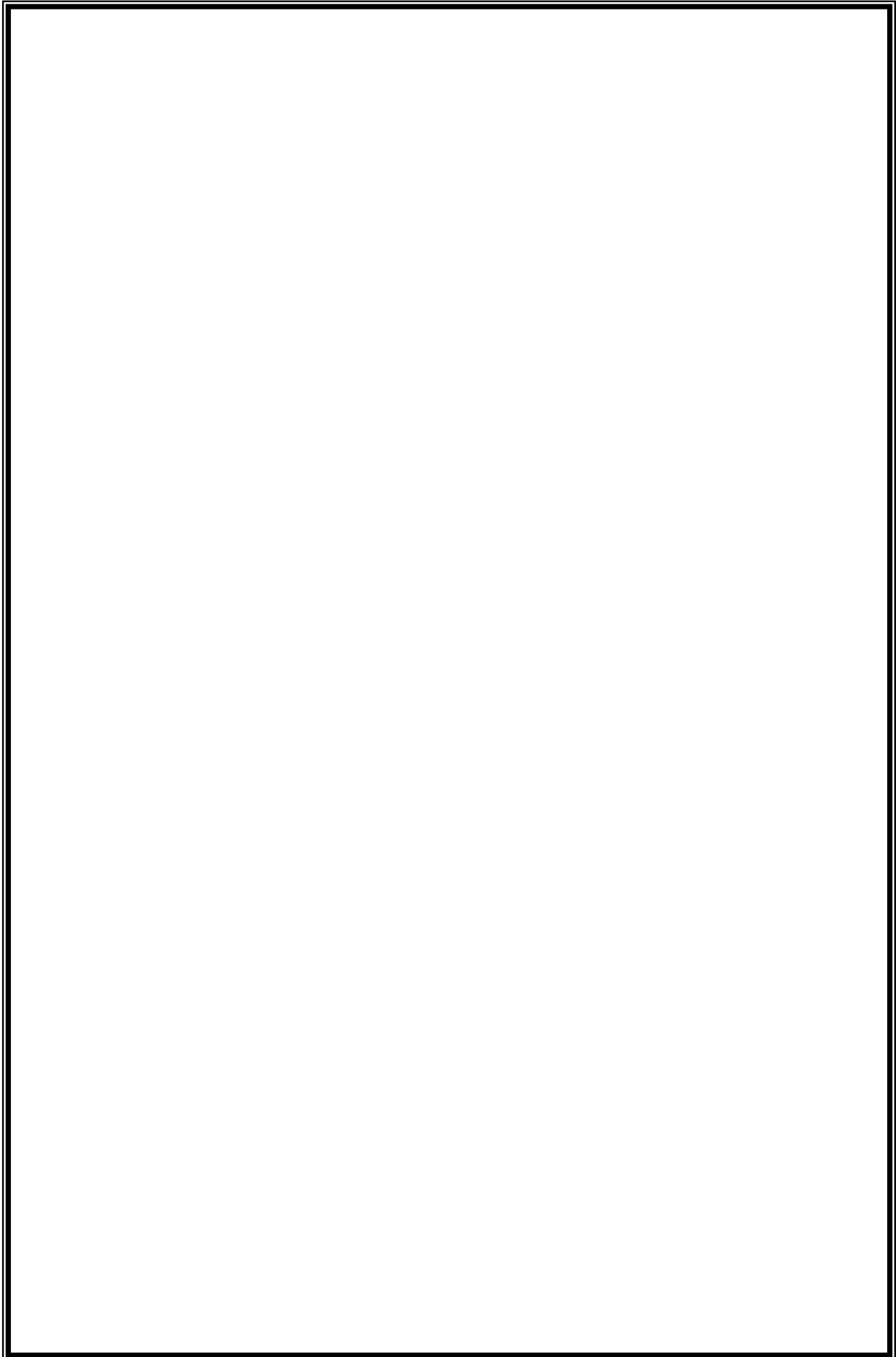


Then the teachers will be pleased with me.

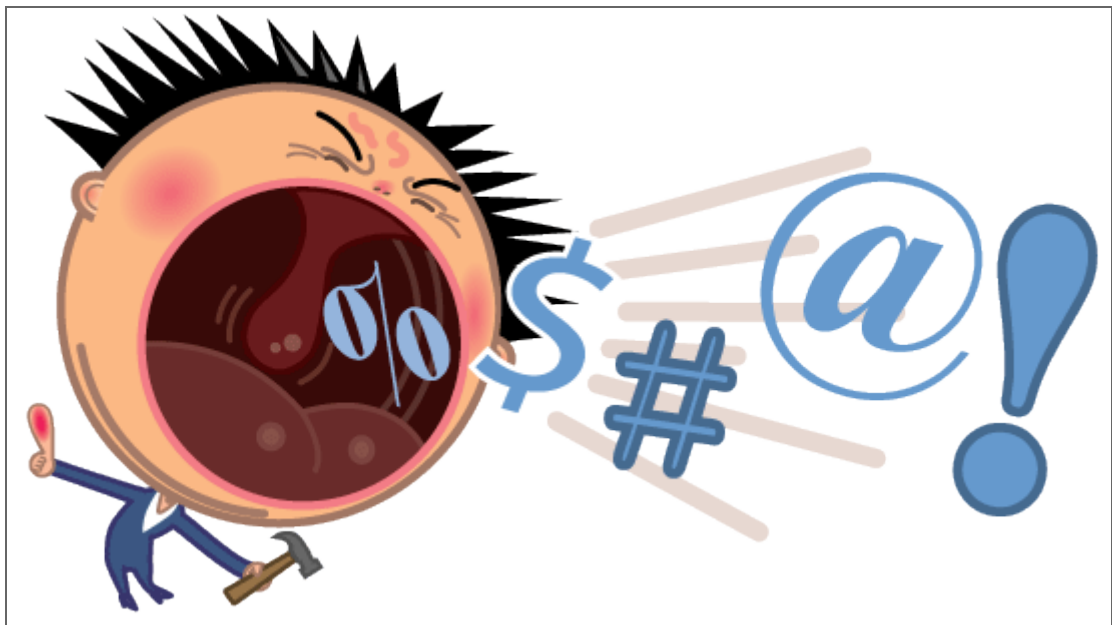


My Mummy will be
pleased with me.





No swearing book



When I talk to my friends and people in school I must not swear.



I cannot swear when I talk to teachers and my friends. They don't like it.



If I swear it upsets my
teachers and my friends and
they don't want to talk to me.



Acclaim Images.com

If I stop swearing my teachers
and my friends will want to talk
to me.



Then Ms and Ms
will be pleased
with me.



My friends in my class
will be pleased with me.



When I am
sad



When I am sad.



I should go and find an
adult



and talk to them.



The adult will listen to me.



They will help me count until I am happier.



I can be happy again.



When I am
scared



When I am scared or
frightened



I should go and find an
adult



and talk to them.



The adult will listen to me.



They will help me until I
am happier.



I can be happy again.

