



## What are my Support Strategies?



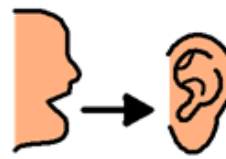
go for a walk



fidget



breath work



talk to staff



speak to the  
teacher



wet face



brain break



stop and think



drink water



something else



## When I should use my Support Strategies?



when I start  
to feel  
agitated



when I start  
to feel angry



when I start  
to feel  
frustrated



when I start  
to argue  
over anything



when I start  
to feel  
overwhelmed



when I need  
help



when I  
become rude



something  
else