



broke something



scribbled on something



hurt an adult



hurt a child



was unsafe



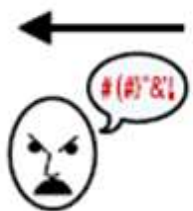
took my clothes off



What happened?



wasn't respectful



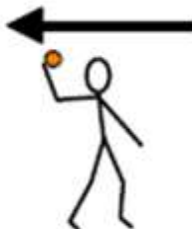
said unkind words



wasn't ready



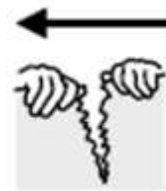
didn't listen



threw something



ran off



tore my work



something different



worried



fidgety



confused



angry



sad



irritated



What were you thinking or feeling?



excited



giggly



distracted



silly



hungry / thirsty



anxious



scared



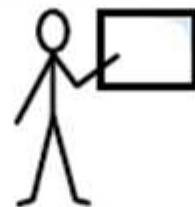
something different



me



a friend



a teacher



another staff member



my class



my mum



Who has been affected?



other children



my dad



group



my family



people in the community



animals



someone else's family



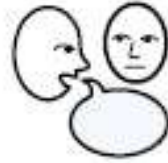
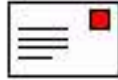
someone else



write it down



write a letter



talk to someone



say sorry



fix something



get dressed



tidy up



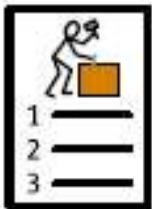
have thinking time



What needs to happen to put it right?



clean something



make a plan



practise



finish my work



get energy out



something different



sad



sorry



guilty



ashamed



scared



good



How do you feel now?



worried



happy



unsure



tired



calm



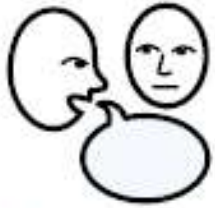
better



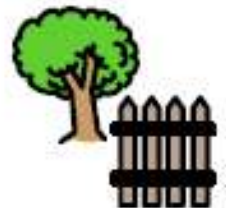
okay



something different



talk to an adult



ask to go outside



go to a calm space



go for a run



get a fidget toy



physical checklist

Next time I could...



1 2 3

count to 10



play with someone else



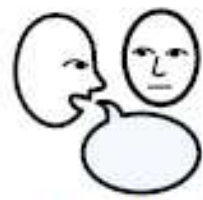
walk away



ask for help



take deep breaths



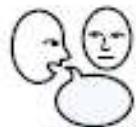
tell someone how I feel



have a drink



something different



to talk to an adult



to go



outside



to go to a calm space



to go for a run



to get a fidget toy



my physical checklist



I



need...



1 2 3

to count to 10



to play with someone else



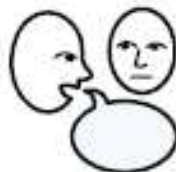
to walk away



help



to take deep breaths



to tell someone how I feel



to have a drink



something different