

What can I do to help myself?



drink



rest



move



go to the loo



Have a hug



Talk to someone

You are ready for.....



learning



playing



being a good friend

What can I do to help myself?



Talk to someone



Have a hug



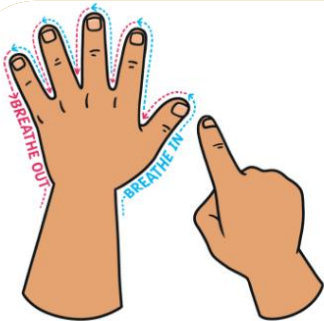
bounce on the trampoline



blow bubbles



Take deep breaths.



counting

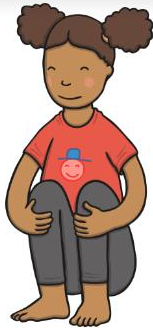


run

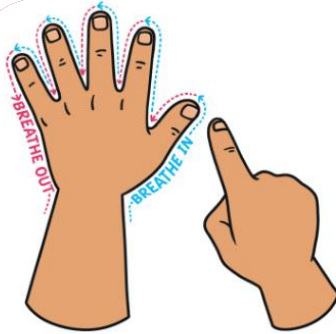


Use the wobble spot.

What can I do to help myself?



Take time away from the group.



counting



bounce on the trampoline



Take deep breaths.



Jump up and down.



Talk to someone