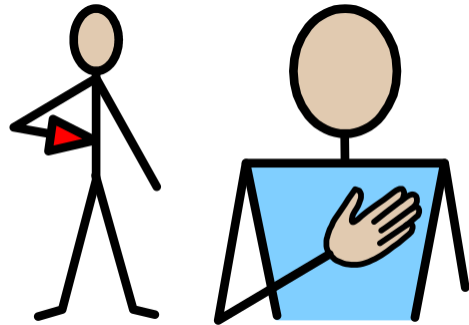
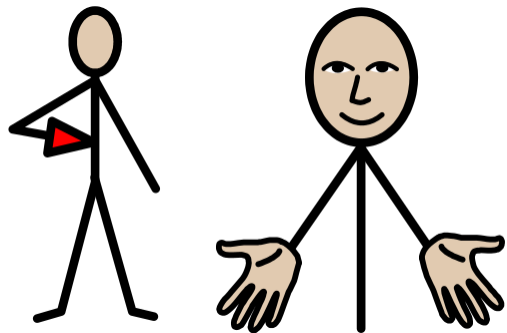


Naming my feelings and knowing what I need to help me:



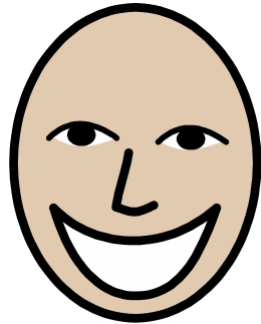
I feel

Empty rounded rectangular box for writing.

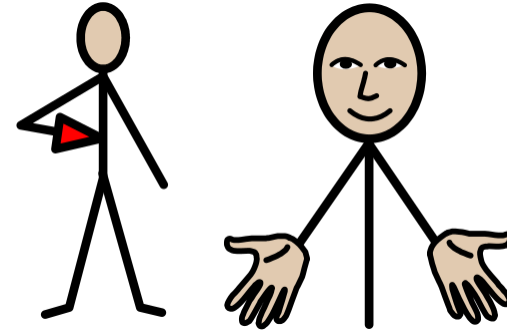


I need

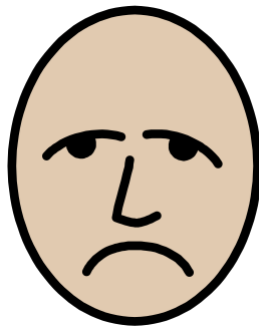
Empty rounded rectangular box for writing.



happy



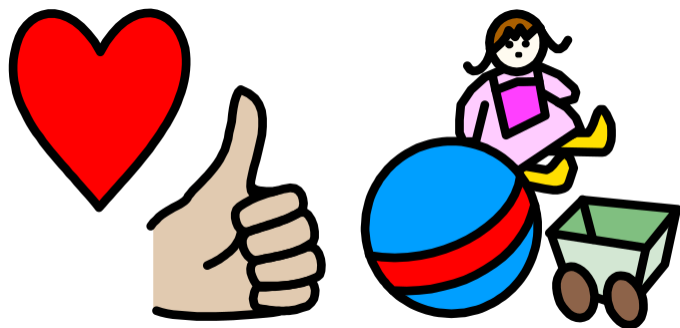
I don't need anything



sad



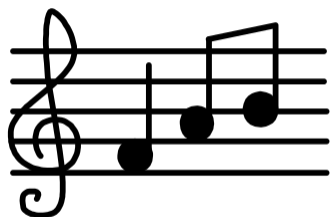
hug



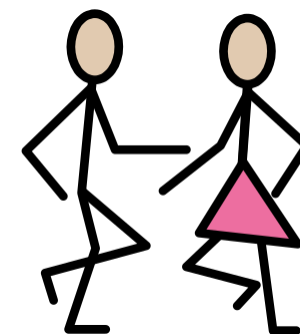
favourite toy



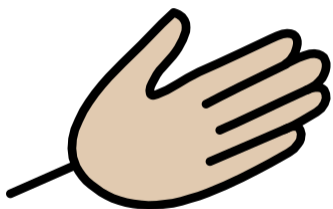
ear defenders



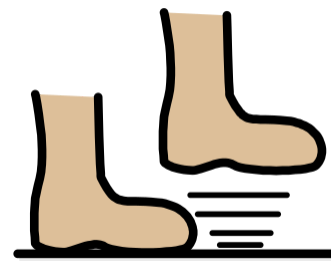
music



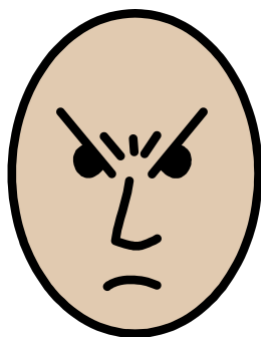
dancing



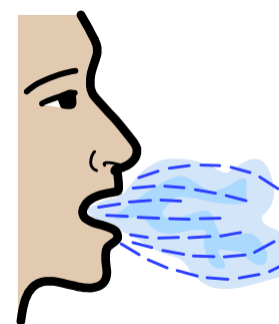
help



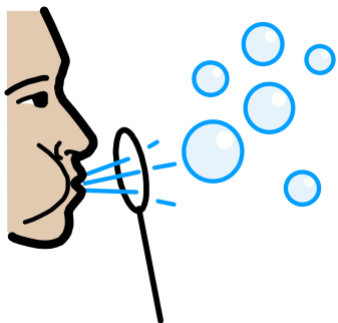
stomp my feet



angry

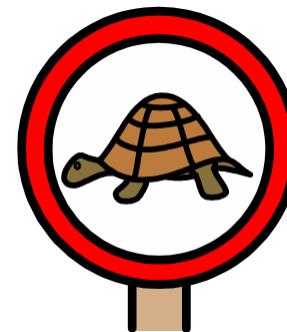


breath



blow bubbles

10



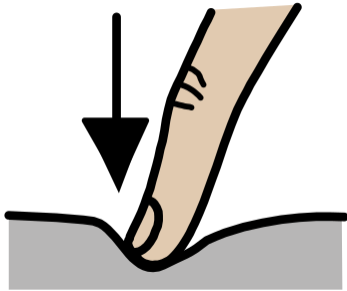
count to 10 slowly



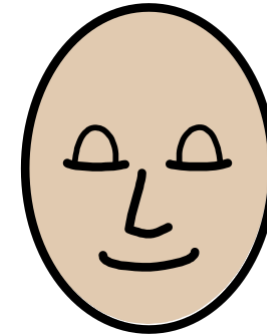
squeeze



blanket



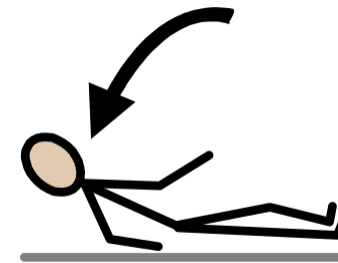
deep pressure



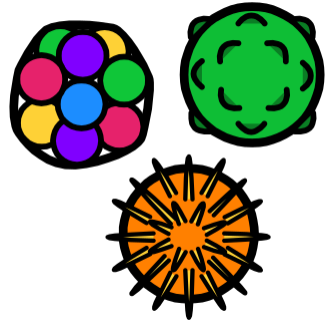
calm



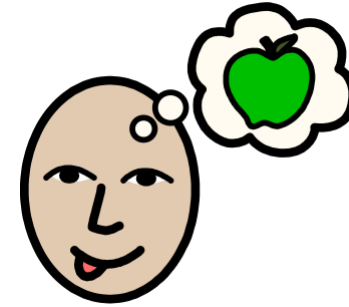
relaxation



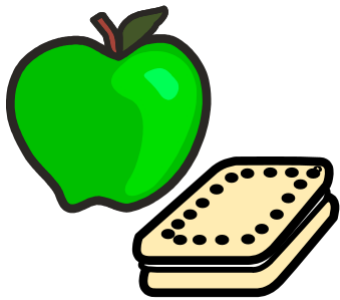
lie down



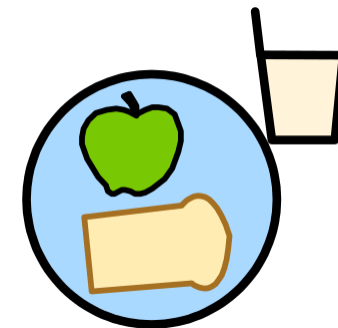
sensory toys



hungry



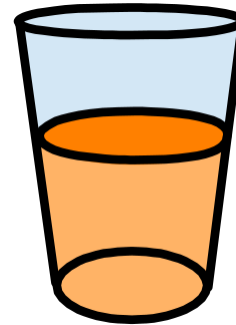
snack



lunch



thirsty



drink



tired/sleepy



nap/have a sleep

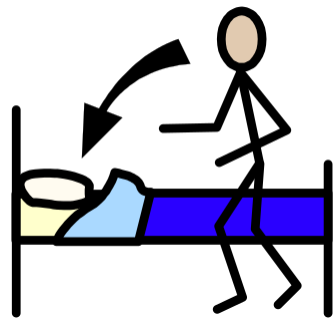




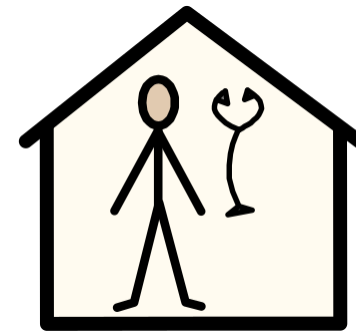
ill/sick



help



go to bed



call the doctor