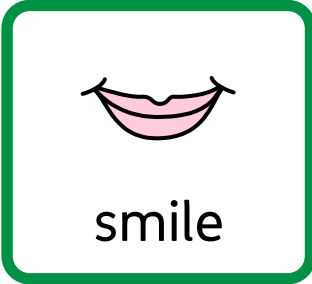
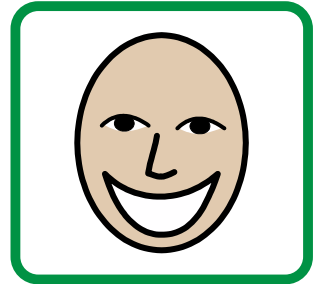


When I am happy, I might need to...



smile



dance

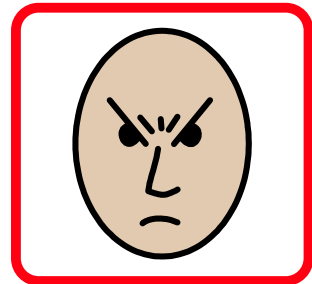


play

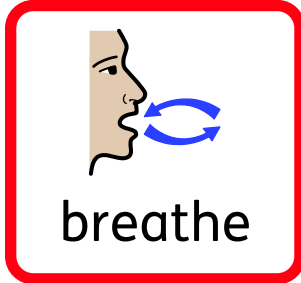


laugh

When I am angry, I might need to...



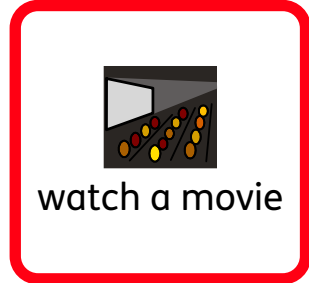
go for a walk



breathe

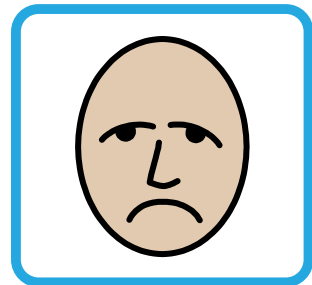


move my body



watch a movie

When I am sad, I might need...



a hug



to cry

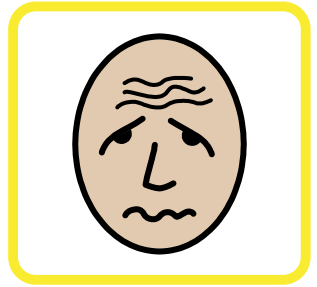


alone time

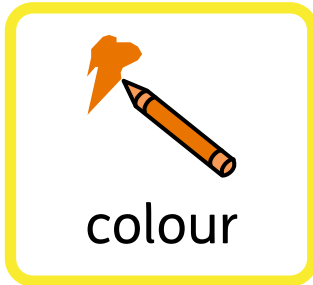


to talk

When I am worried, I might need
to ...



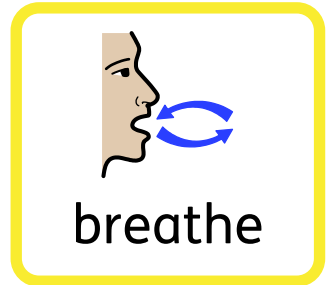
talk



colour

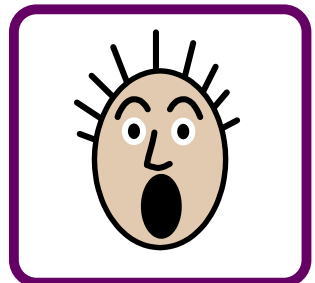


have a bath

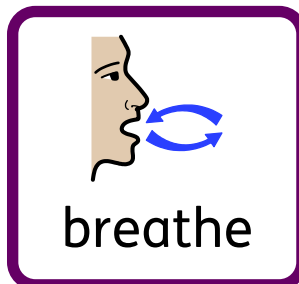


breathe

When I am scared, I might need
to.....



talk



breathe

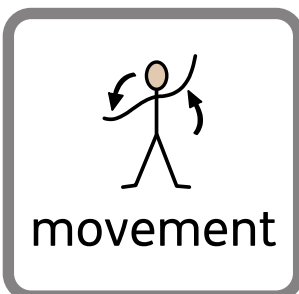
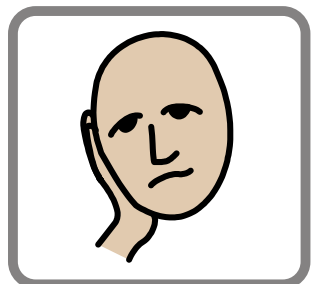


use a fidget toy



move my body

When I am bored, I might need...



movement



listen to music



watch tv



play