

# If I am feeling cross, angry or frustrated I

Talk to someone about my

Play with my toys to distract

Remember to use words to express how I feel not ac-

Do some breathing exercises to help relax my body



Cuddle a soft toy or blanket to help me feel safe

Do some physical exercise to release my en-

Encourage positive thoughts by thinking of a happy memory or

Have some quiet time to help me feel

Do something creative