I get confused when ...

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When I'm confused, I could ...

I get confused when ...

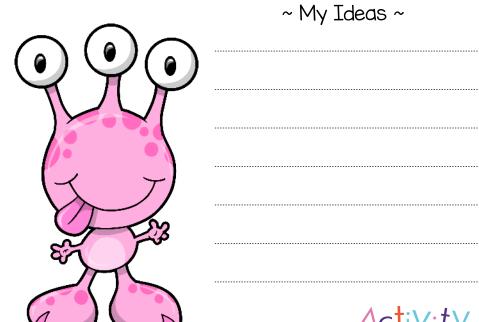
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Confusion Busters

Here are some suggestions for when you feel confused. Tick the box if you think they might be useful for you.

* Ask for help from an appropriate person	
* Look for more information	
* Take a deep breath and start again	

Can you think of some more ideas? Write them down below.



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I get angry when ...

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When I'm angry I could ...

Activity

I get angry when ...

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Anger Busters

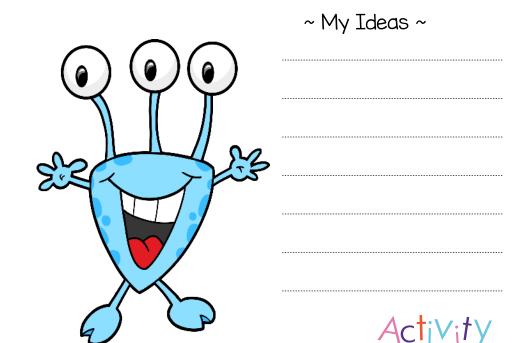
Here are some suggestions for when you feel angry. Tick the box if you think they might be useful for you.

* Take a deep breath and count to 10	
--------------------------------------	--

- * Walk away from what's making you angry
- * Find a grown-up to talk to

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Can you think of some more ideas? Write them down below.



I feel sad when ...

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To stop feeling sad I could ...

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I feel sad when ...

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Sadness Busters

Here are some suggestions for when you feel sad. Tick the box if you think they might be useful for you.

* Find someone to talk to	
* Get busy! How about building something?	
* Give someone a hug, or ask for a hug	
Can you think of some more ideas? Write down below.	them:
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I feel mean when ...

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To stop feeling mean I could ...

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I feel mean when ...

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Mean Busters

Here are some suggestions for when you feel mean. Tick the box if you think they might be useful for you.

*	Make	a list	of	all the	ways '	you (are luc	ky
---	------	--------	----	---------	--------	-------	---------	----

- * Can you help someone else today?
- * Give someone a hug, or ask for a hug

Can you think of some more ideas? Write them down below.

~ My Ideas ~

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I feel happy when ...

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These things make me happy ...

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