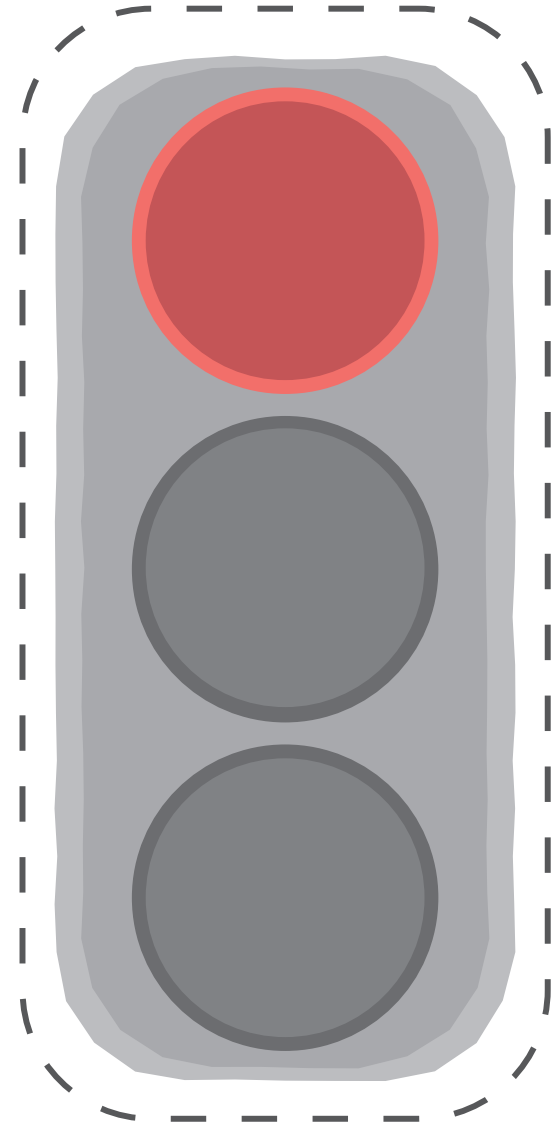
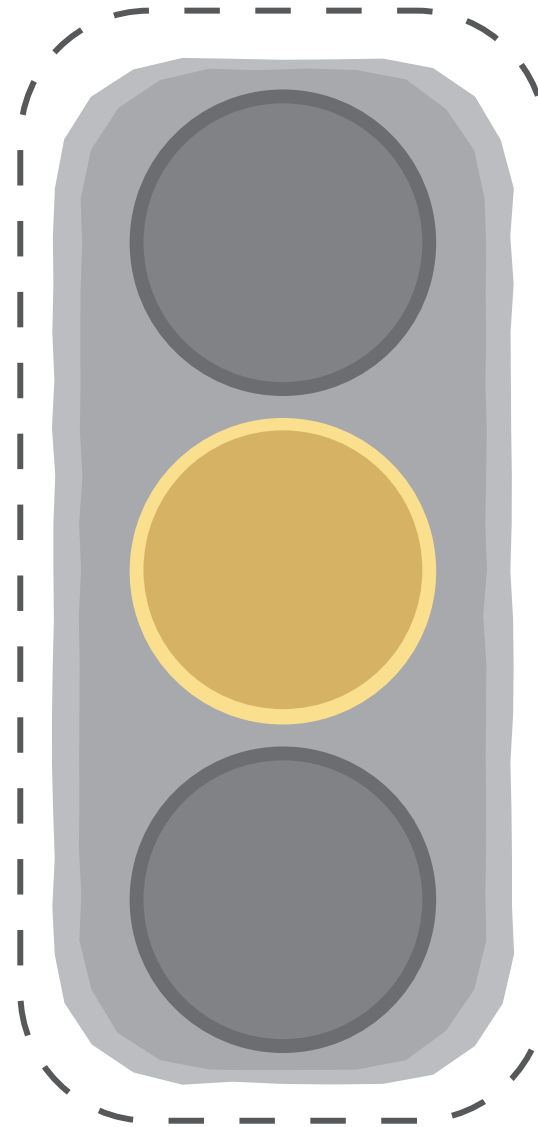
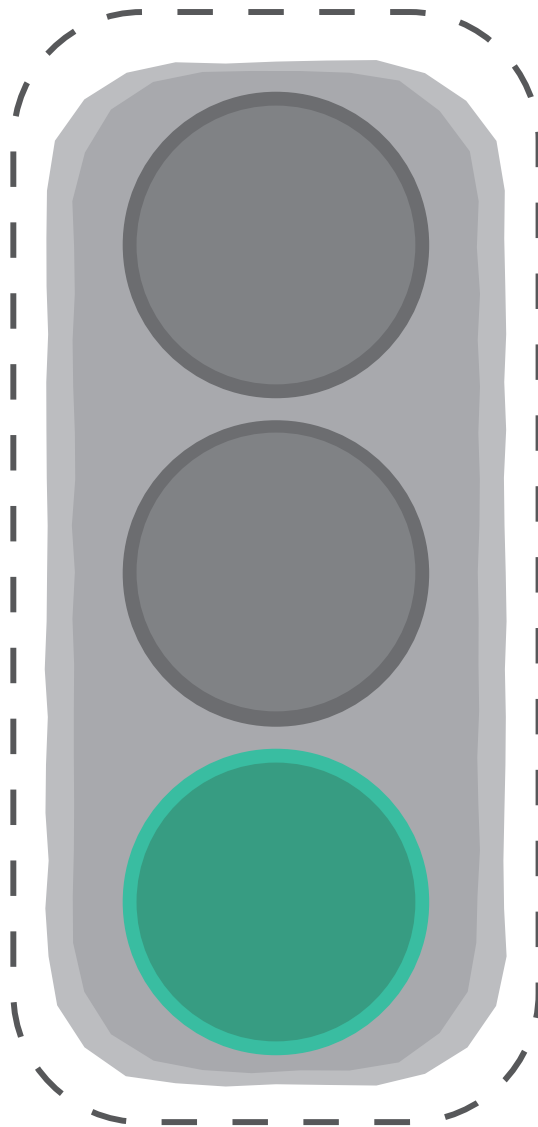


Traffic Light System

We all can feel a bit out of sorts and it can be difficult to ask for help in a busy group. Why not use our traffic lights to help? Cut them out and you can place them next to you as a secret code that lets an adult know you

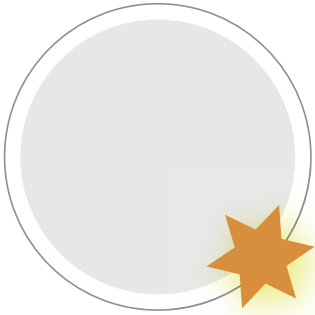


Rainbow Breathing

- Place your finger on one of the dots.
- Take a deep breath in.
- Trace your finger around the curve of the colour.
- Trace the next colour and when you reach the end breathe out.
- Repeat for all the colours.



All About Me



Name:

Age:

Things you need to know about me:



Things I like:



Things I don't like:

You can help me by:

