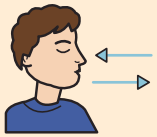
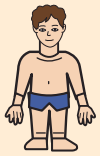
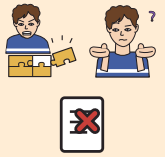
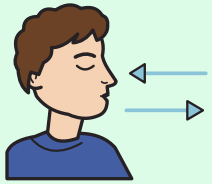
 I feel	 happy	 sad	 angry
 scared	 worried	 excited	 tired
 OK			
→ 2  Coping	→ 3  More Feelings	→ 4  Body Feels	→ 5  Situations

SpeakPad symbols © SpeakPad.

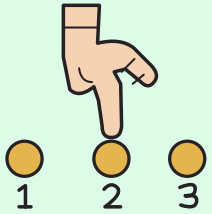
A cell with an arrow carries on the page shown.



break



breathe



count



hug



walk



music



quiet



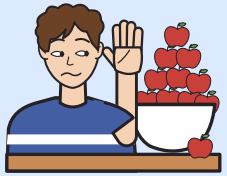
squeeze



too loud



too bright



too much



safe space

SpeakPad symbols © SpeakPad.



confused



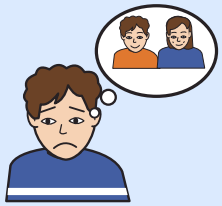
frustrated



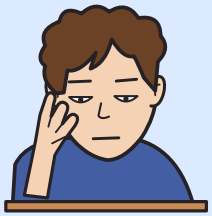
shy



proud



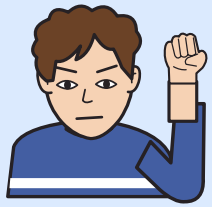
lonely



bored



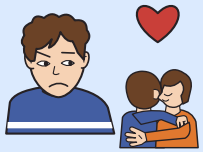
silly



brave



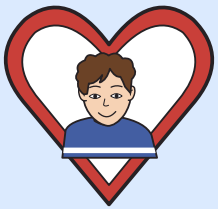
surprised



jealous



calm



loved

SpeakPad symbols © SpeakPad.



hot



cold



hungry



thirsty



hurt



sick



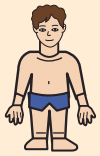
full



tired



need toilet

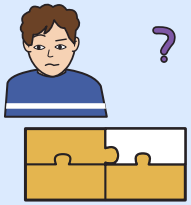


→ 6

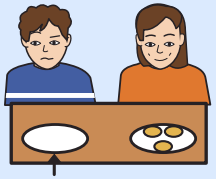
Where it hurts

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A cell with an arrow carries on the page shown.



too hard



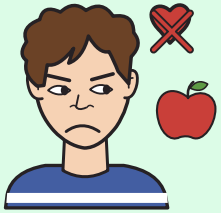
not fair



don't want



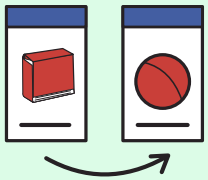
don't know



don't like



mistake



change



sorry



try again

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