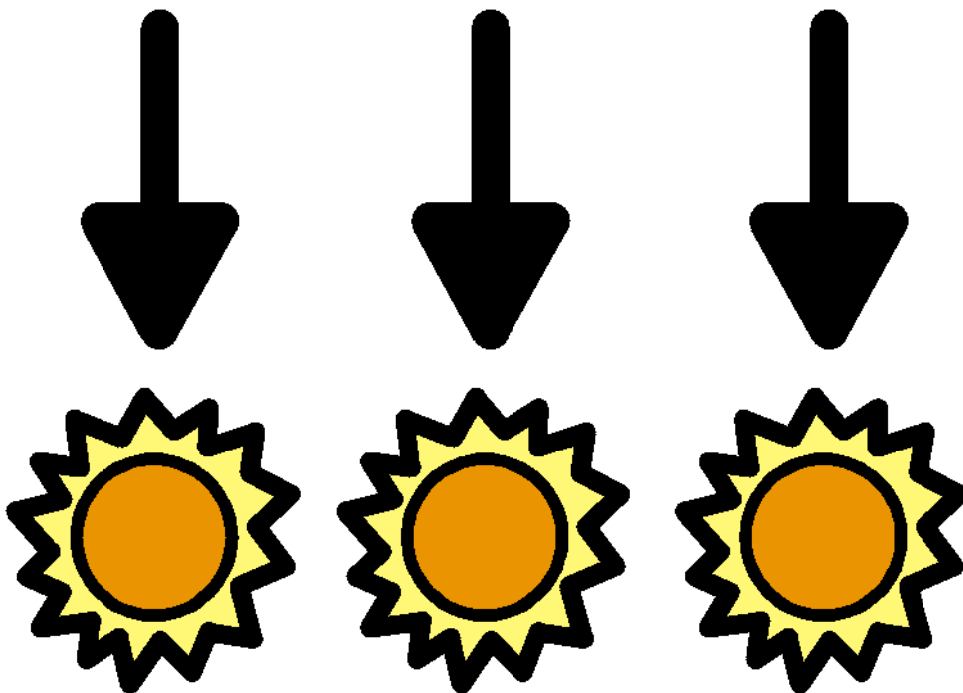
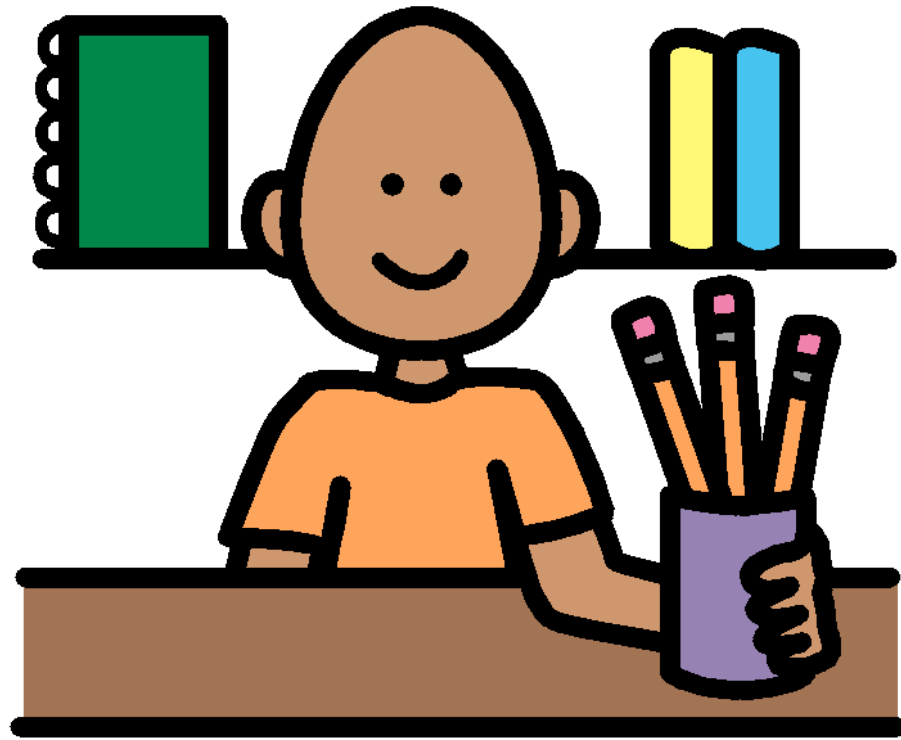




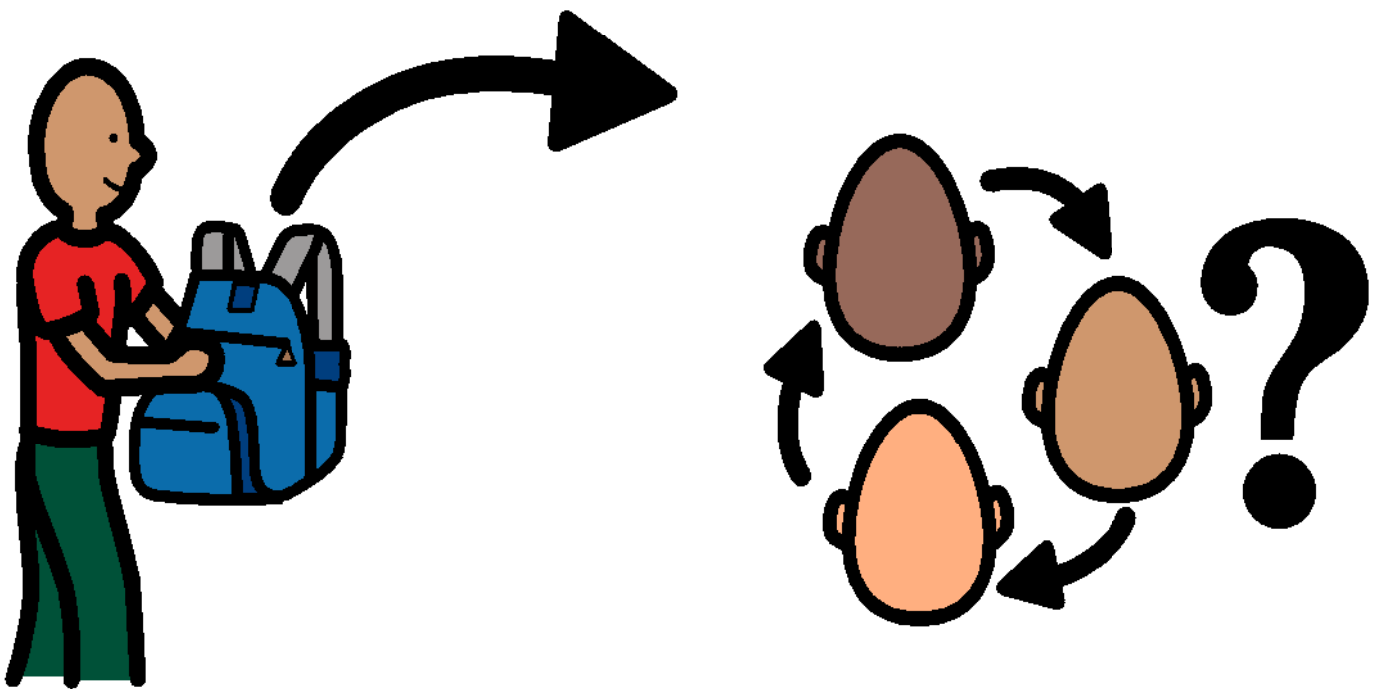
SOMETIMES THINGS DON'T GO  
THE WAY I WANT.



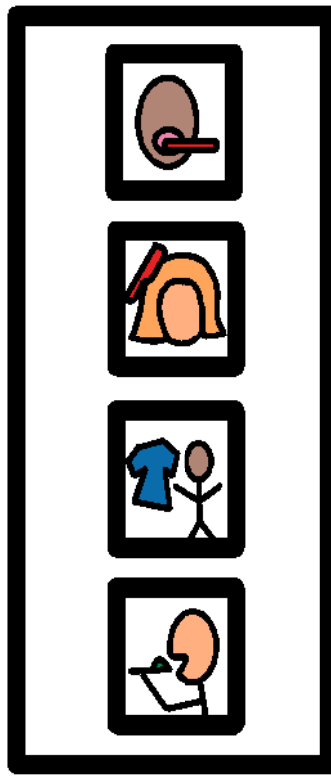
At school, I like to do things the same way  
every day.



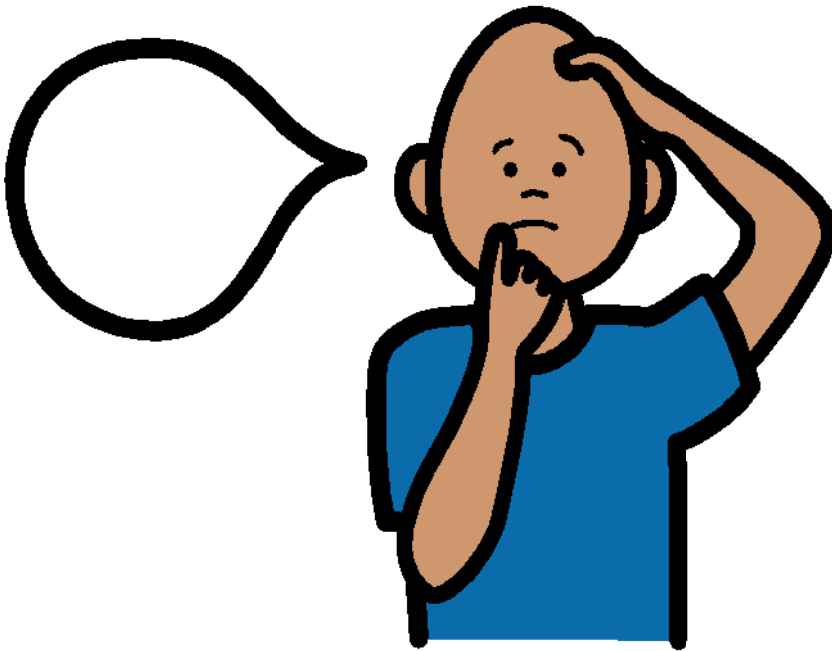
I like to go to school to learn new things.



I hang my bag up on the same hook. I know who has show and tell each day.



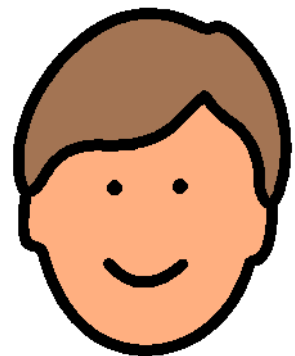
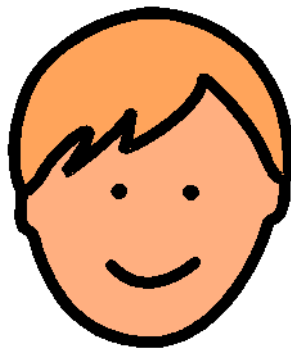
I follow the timetable that my teacher sets for my class.



I might forget to bring my jumper or my reader to school.



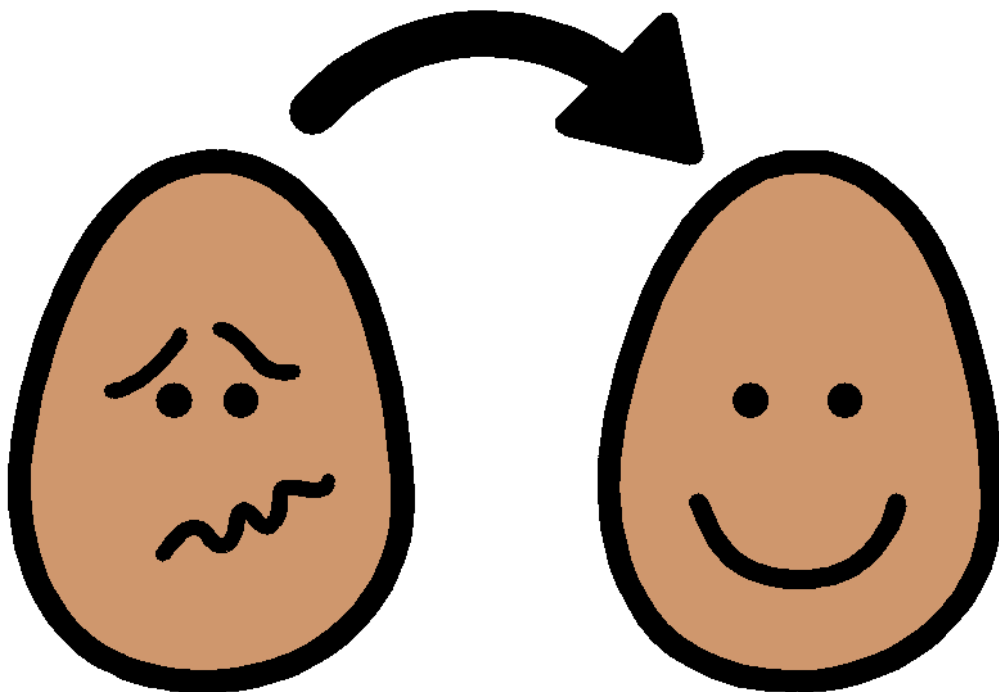
Sometimes things don't go the way I want.  
This is ok.



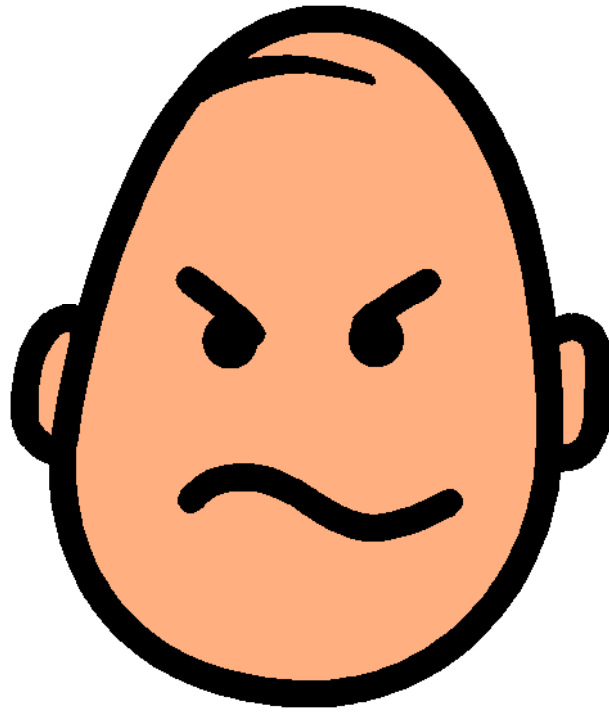
I might not get to choose the partner I want  
for an activity.



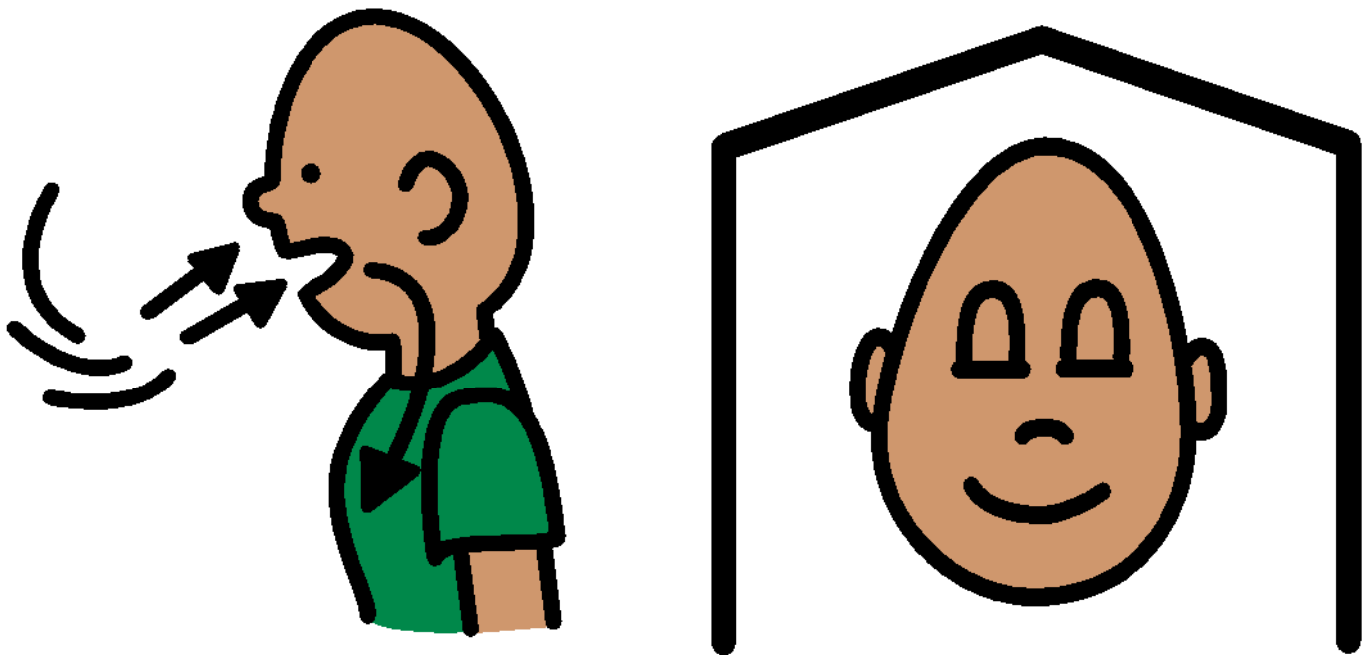
My teacher might be away.



When I feel worried or cross I can do something to make myself feel better.



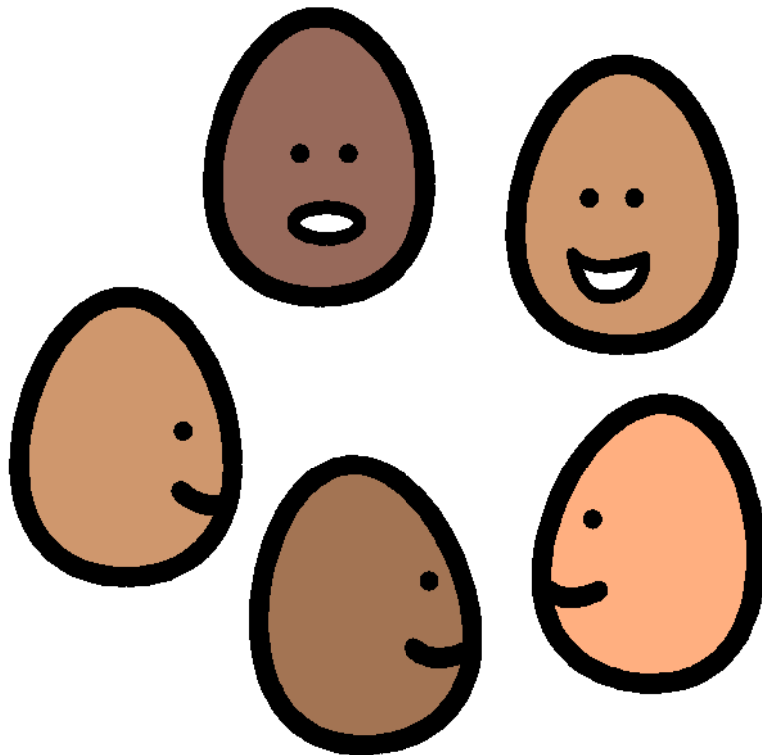
When things don't go the way I want, I feel worried or cross.



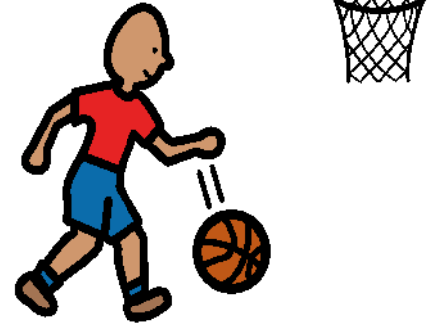
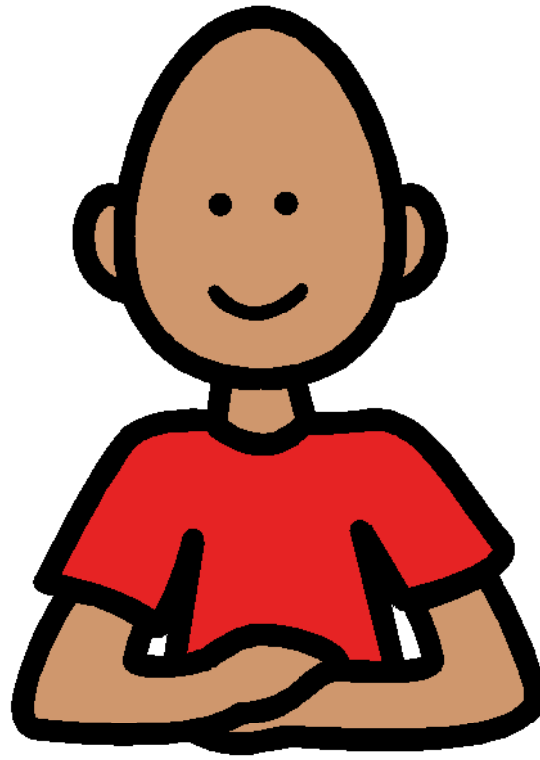
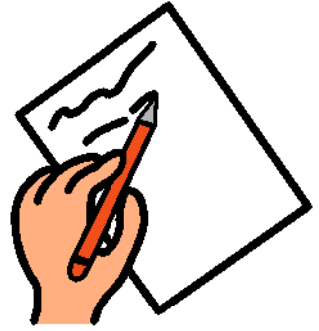
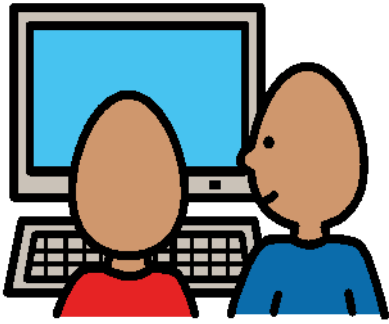
I can take 3 deep breathes. I can go to a quiet place to calm down.



I can say "That's ok. I can do things differently today."



Then I can keep learning and playing with my friends at school.



When things don't go the way I want, it's great to stay calm and get on with my day.