

Help



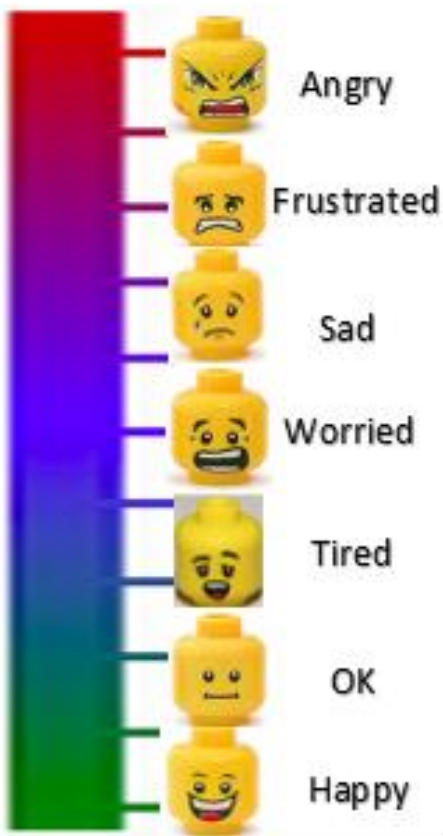
Can you help me please?

Help



Can you help me please?

Emotion Thermometer



My Calming Checklist



Deep breaths



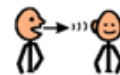
Ice Cube Melts



Pressure exercises

10

Give yourself
10 to think



Talk to someone

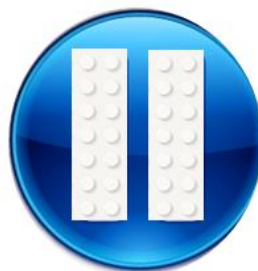


Visualisation
Think Happy



Remember you will feel
calm again very soon

Pause



To be continued...



It's okay to finish later