**What’s Happening Today?**

**Let’s Talk About Calming Down**

**When Things Go Wrong**

* **School can be fun – what things do you like at school?**
* **Usually, everything is fine at school. How do you feel?**
* **Sometimes things don’t go so well. How do you feel?**
* **When we’re upset, we need to calm down. We can:**
* **Take 5 slow deep breaths**
* **Close our eyes**
* **Count slowly to 10**
* **Squeeze a ball**
* **Ask to get a drink**
* **Get back to having fun!**
* **So what do YOU think?**

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* **Get your magnet!**