

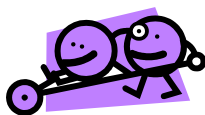
CHOICE – Your reaction can make it better or worse

Calm



Breathe
Exhale
Slow down
Count to 10 slowly

Help



Are you okay?
Is this yours?
Would you like me
to help?

Own up to it



I'm sorry
I made a mistake,
I need to help
make it better
People will trust me
if I'm honest

In control



I give myself
good messages
I can deal with this
It's okay
I'm getting better
It's hard to wait
but I can do it

Clear Message



Thanks, that was great
Wow, you are really clever
Pushing hurts me, stop
now
I'm trying to listen,
leave me alone

Exit



Walk myself away
I need to move away
Step back move my feet

It's our CHOICE – the way we react can make it better or worse.

Think about the words you say – add them to the poster to remind you.

Congratulate yourself when you make a situation better not worse.