



Emotions



Social Story



My



name

is

and



I

am

years old.



I



go to

Avanti



House



Primary School.



I

am in

and



my



class

is



called

_____.







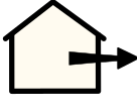
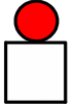

I



like






going to school.



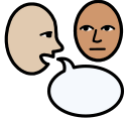

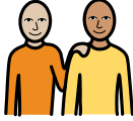
There are lots of things that make  me  feel  happy at  school like:

 •Going outside  on the  climbing frame

 •Using  playdough

 •Singing  and  dancing

 •Stickers

 •Playing with  and  talking to  my  friends and

 teachers.

•Doing  my  best  learning and much  more!

But sometimes I might get upset because:

• Someone has taken my toy

• I want to use something like the bike

but no one is letting me

• I see a spider or a bug

• I miss my mummy

• I get hurt



When

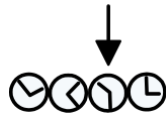


I

am



sad



sometimes



I.....



• Cry

and



scream.



When



I

do these things, it makes



me

even



more



sad.



I



don't want to be



sad

and in the



blue



zone

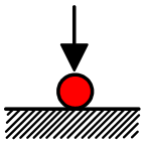
or



red



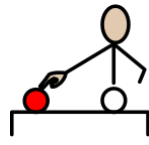
zone.



Here



are some things



that



I can

do to

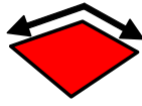
get to



my



green



zone

and be

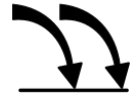


happy

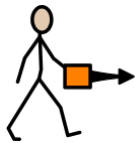
and



calm

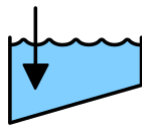


again

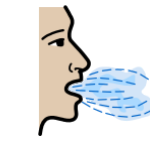


• Take

some

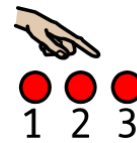


deep



breaths

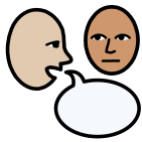
and



count

to

5



• Tell

an



adult



what



has

happened to



make

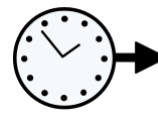
me



feel sad.



I



will



use



my



words.

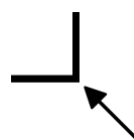


• Go to

the



reading



corner

to



calm



down



feel good.



When



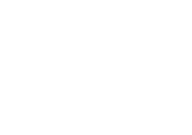
I



am happy



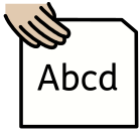
and calm



and use



my



words....



• My



teachers



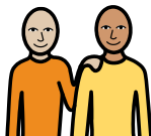
feel



happy.



• My



friends



feel



happy.



• My



family



feel



happy.