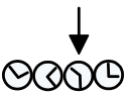





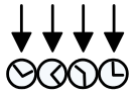

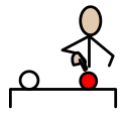



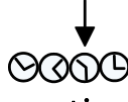


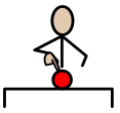



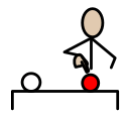









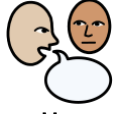




  
I like to have a routine so I know what I am

  
doing.



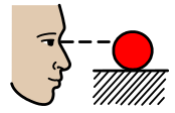






        
Sometimes there can be an unexpected change to my routine

          
and this makes me upset. Sometimes I cannot do what


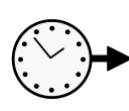








         
I like and this makes me feel upset or anxious.



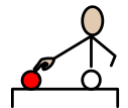
           
When I feel upset or anxious I can talk to my grown up and

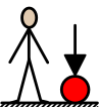


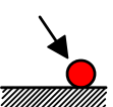




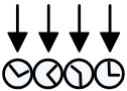


       
they will help me to feel calm.

          
I can also look at a picture I like or hold my favourite

  
things.

 I  will  get  to  do  something  I  like  later  in

the  day  and  that is okay.

 Staying  calm  when  there  is a  change  in  my  routine  is  good.