


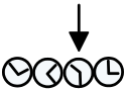





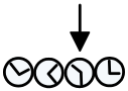






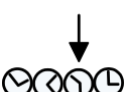








 Sometimes  I  go to  the shop.





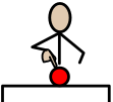


 Sometimes  I  buy  things  for myself  and  sometimes  I  buy








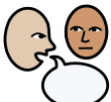
 things  for  other  people.



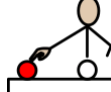







 It can be  noisy  in  the shop. It can be  busy  in the



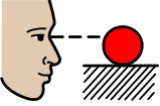



 shop.

 Sometimes  I  get  upset  or  anxious  when it is  noisy  busy

 or  I  cannot  buy  what  I  want.

 If I  feel upset  or  anxious  in  the shop  I can  talk to the

 grown up  that  it  with  me.  I  could  also  hold  my

 favourite  things or  look at a  picture of something  I  like.

 This  will  help  me to  feel  calm.

 Staying  calm  in  the shop is  good for  me.

 When  it is time to  leave  I can  do  something  I  enjoy.