



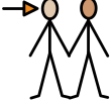







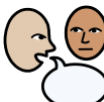




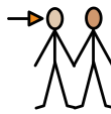














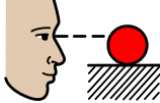
 Sometimes  I  go  places  and  they  are busy.  It can be






 unexpected  when  there  are  lots of people  there  and  sometimes it is

 noisy.



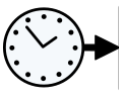








 If I  feel upset  or anxious  I can  talk to  the grown up  I am

 with  and  they  can  help  me  to  feel  calm.

 I can  also  listen to music,  hold  my  favourite  things  or  look at

 a picture  of  something  I  like.

 This  will  help  me  to  feel  calm.

 When  it is  time to  leave  it  won't  be  busy  anymore  and  it



will

be



quieter.



I can

then



choose

to



do



something



I



like.



The

grown

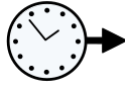


up



I

am with



will

be so



proud

of



me

for



staying



calm.