













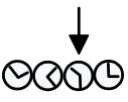









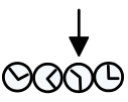

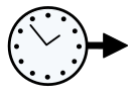




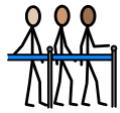





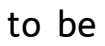
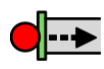



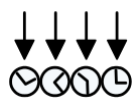




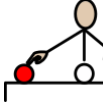

 I  go to  restaurants   sit  around   a table   have


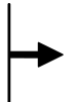



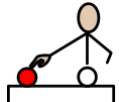




 something   to eat  or  drink.









 Sometimes  it  can  be  busy  and  noisy  in  a  restaurant.



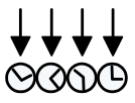



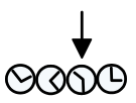



 Sometimes  I  will  have to  wait  in  a  queue  or  wait  for  my

 food  to be  ready.

 I  may  not  always  like  the  new  food  that  I can

 choose  from  in  a  restaurant.  That  is okay,  I can  ask  for

 some  food  I  like  when  I  get  home.

 I  don't  always  like  waiting  and  sometimes  when  it is  busy

+ noisy I can feel upset or anxious.

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 play with my favourite things, or look at a picture

of something I like.

When it is time to go the grown up I am with will be so

proud of me.

It is nice to go to a restaurant and enjoy eating and drinking

there.