



What will be on the front of the card?

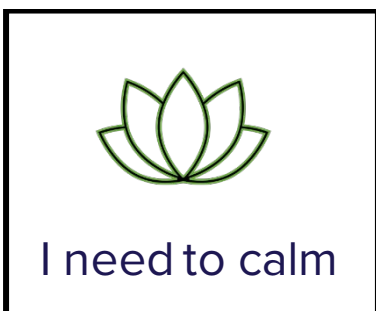
Will the student (or other staff) need something on the back of the card?

Ask the student what works best:

- An icon/graphic with text?
- Text only?
- A photograph of where you have agreed that they will go to calm
- A photograph of what they will do on their break (e.g. use a sensory strategy, breathing exercises)?
- A graphic of how they feel?

- A reminder of what to do when they are calm?
- Something that shows this is an agreed strategy?

FRONT



BACK

