

Managing self: Taking on challenges

Reception

Coping	Finding ways to feel better when something is hard.
Strategy	A good plan to help you do something.
Challenge	Something tricky that you need to try your best to do.
Technique	A special way of doing something.
Calm	Feeling quiet and peaceful inside.
Rules	Things we follow to keep everyone happy and safe.

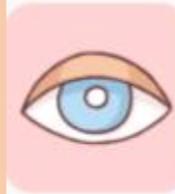


Rules are important to keep everybody safe and happy.



Persist with an activity that I may find difficult.

The 5-4-3-2-1 Grounding Technique



Acknowledge 5 things you can see.



Notice 4 things you can touch.



Take stock of 3 things you can hear.



Become aware of 2 things you can smell.



Acknowledge 1 thing you can taste.

Work as a team using words to communicate with friends.

