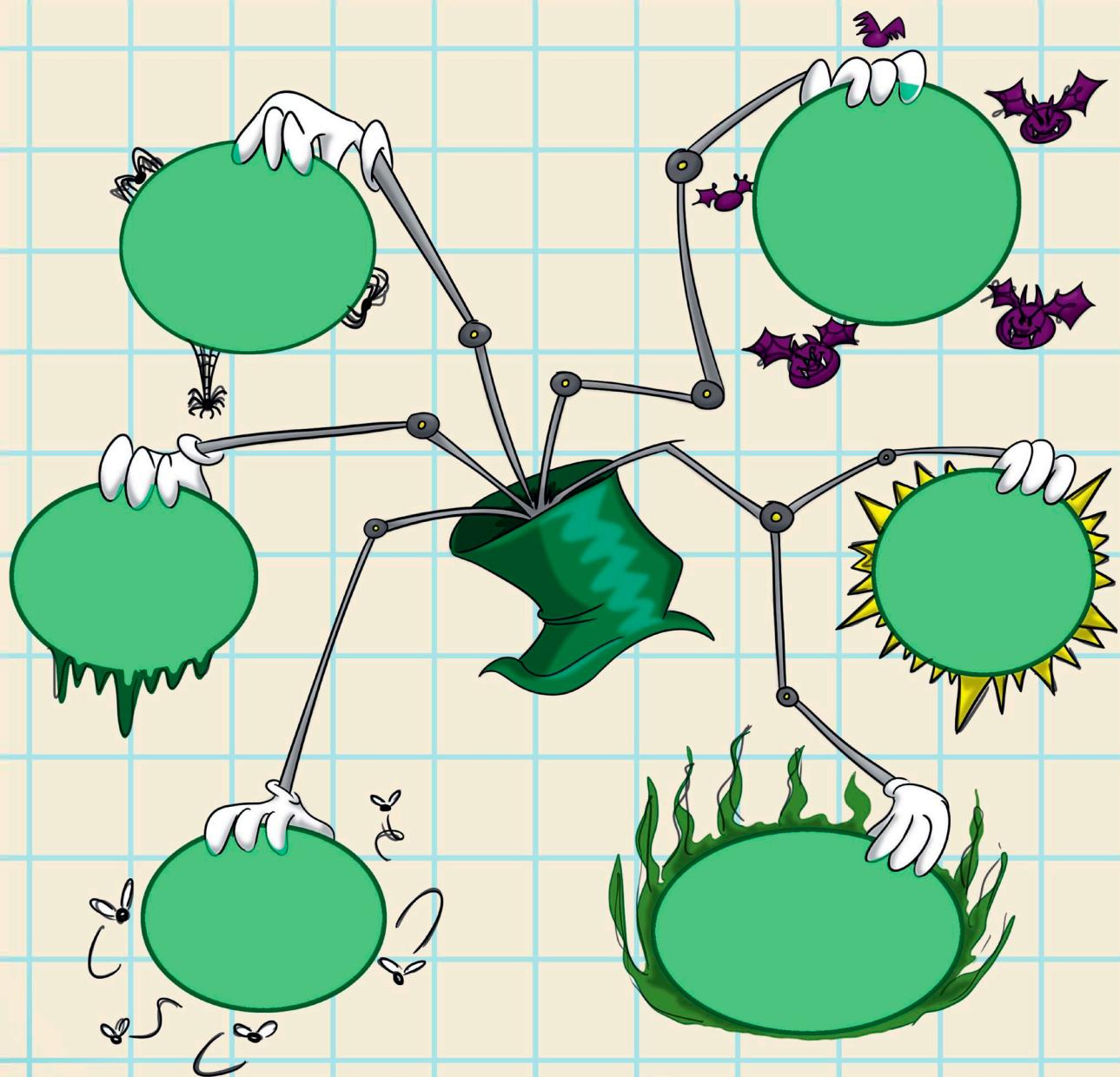


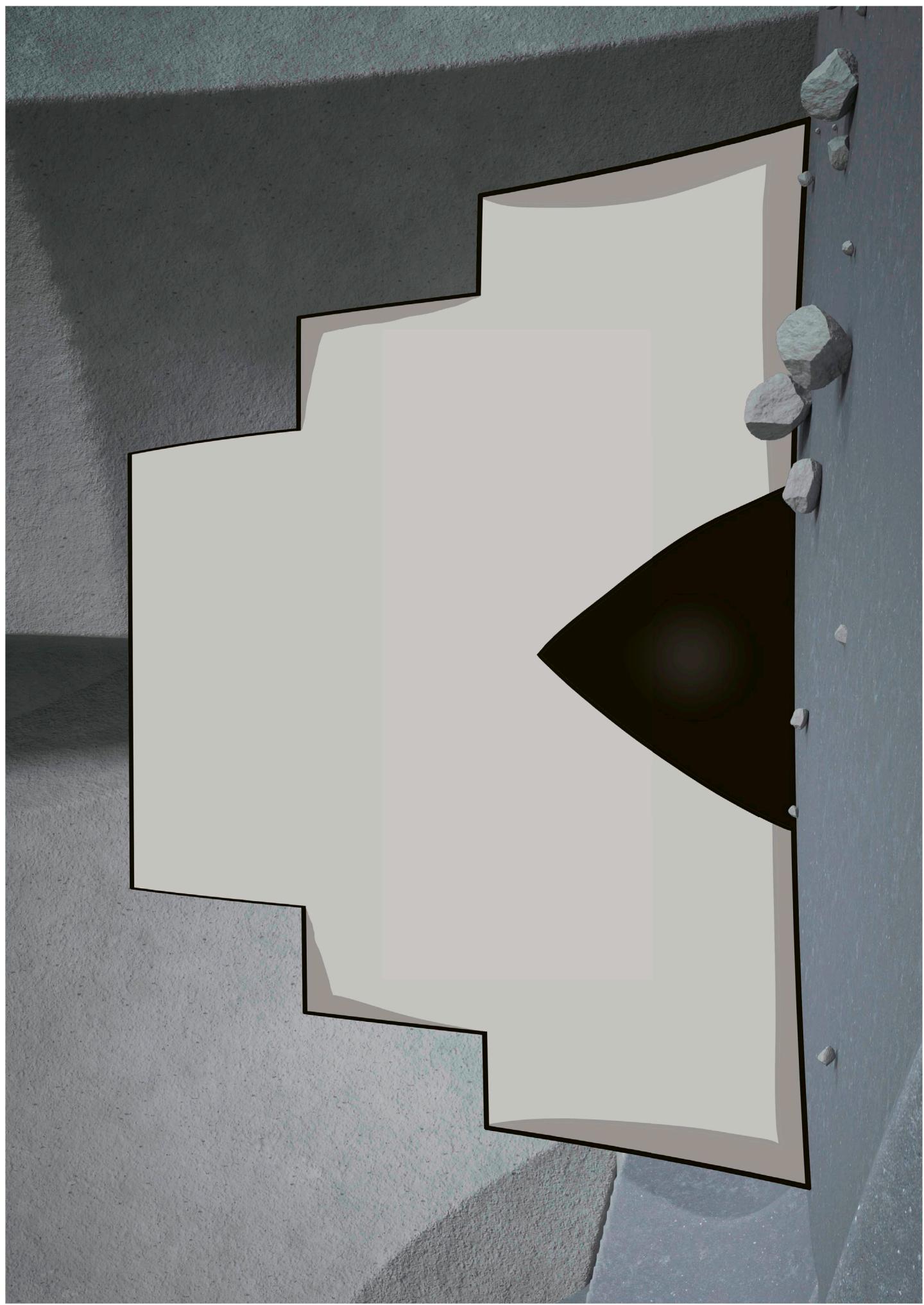


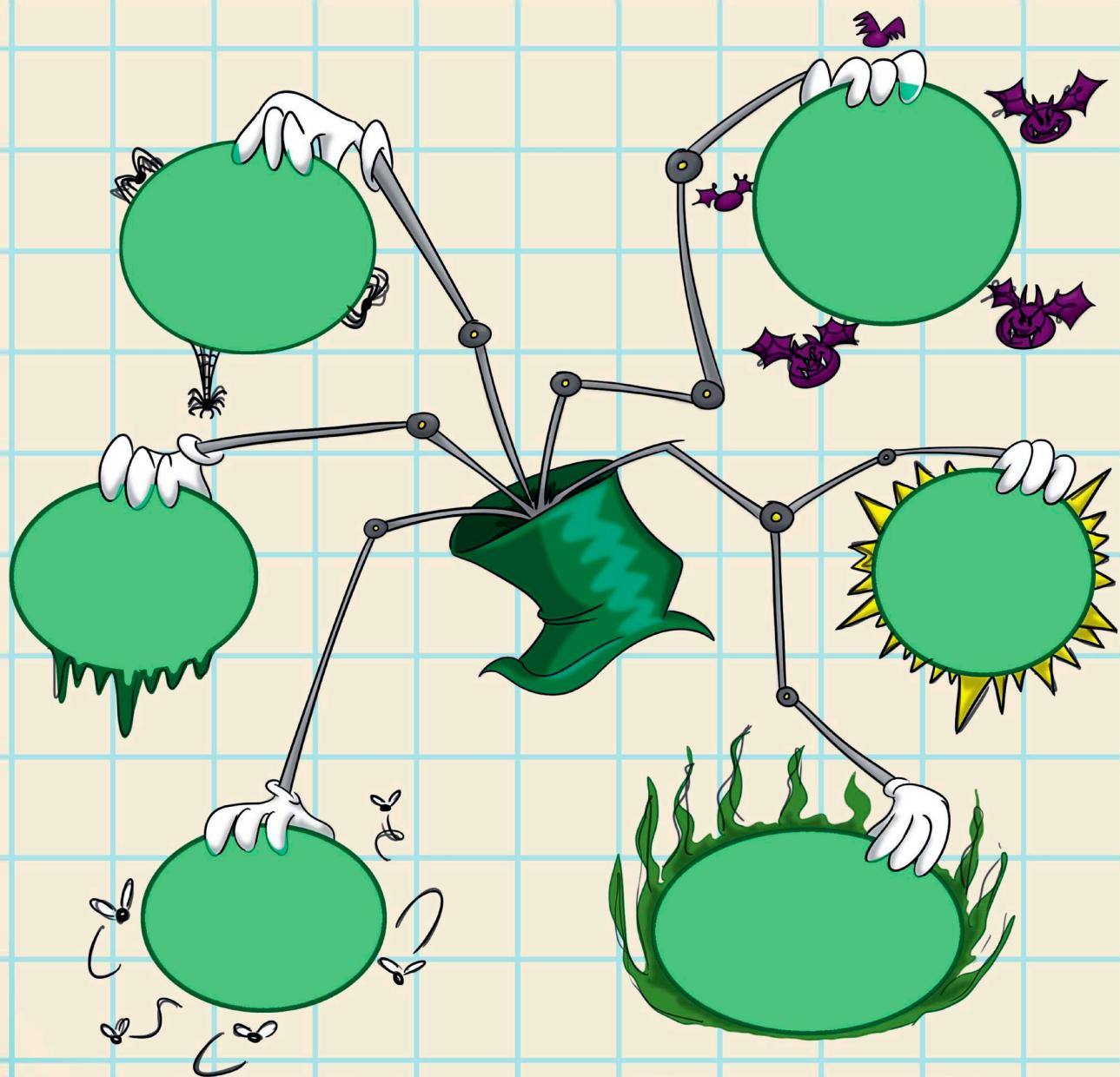
**Jessica Kingsley**  
Publishers

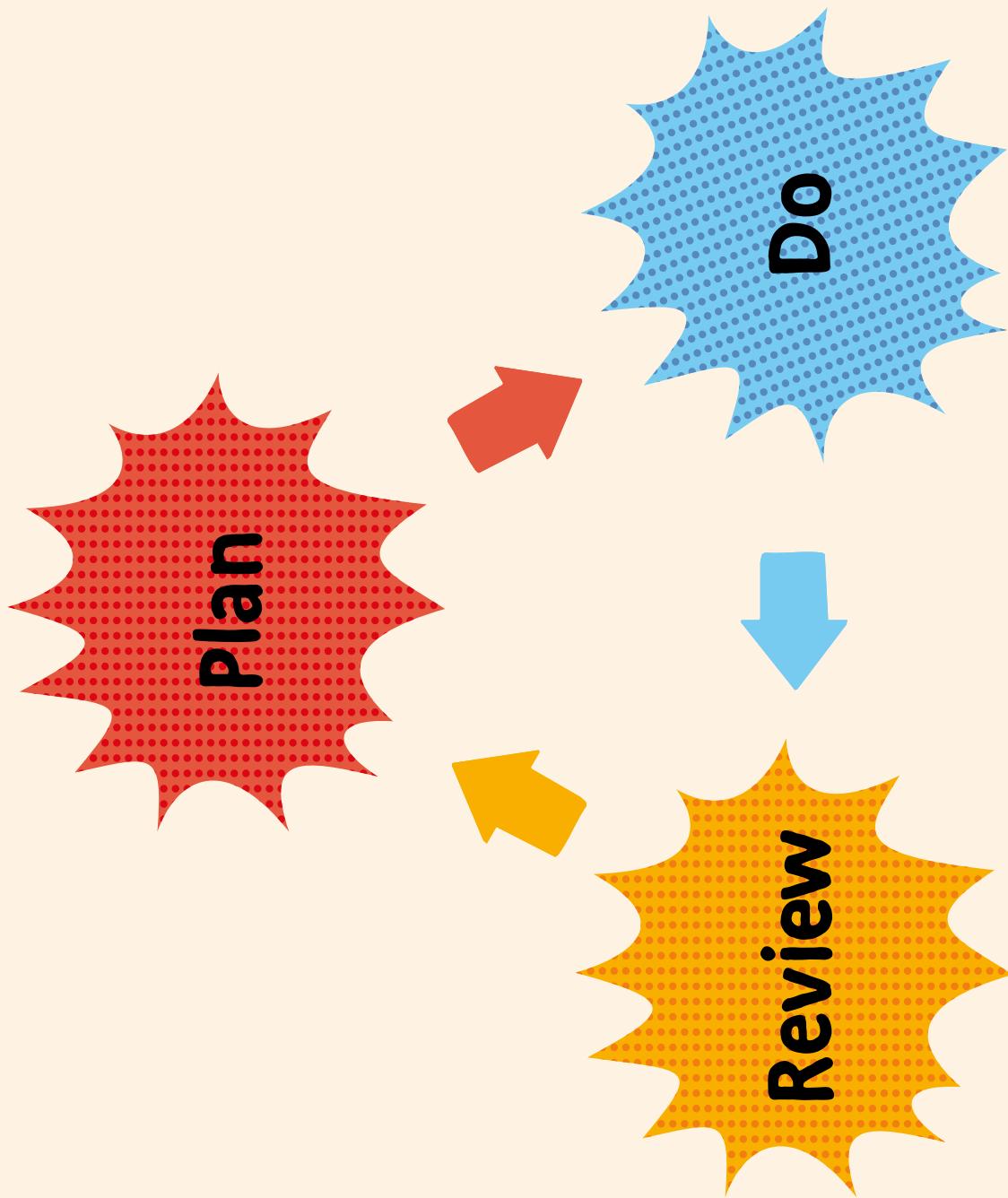
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Now use this space to write down a plan for a couple of these situations.

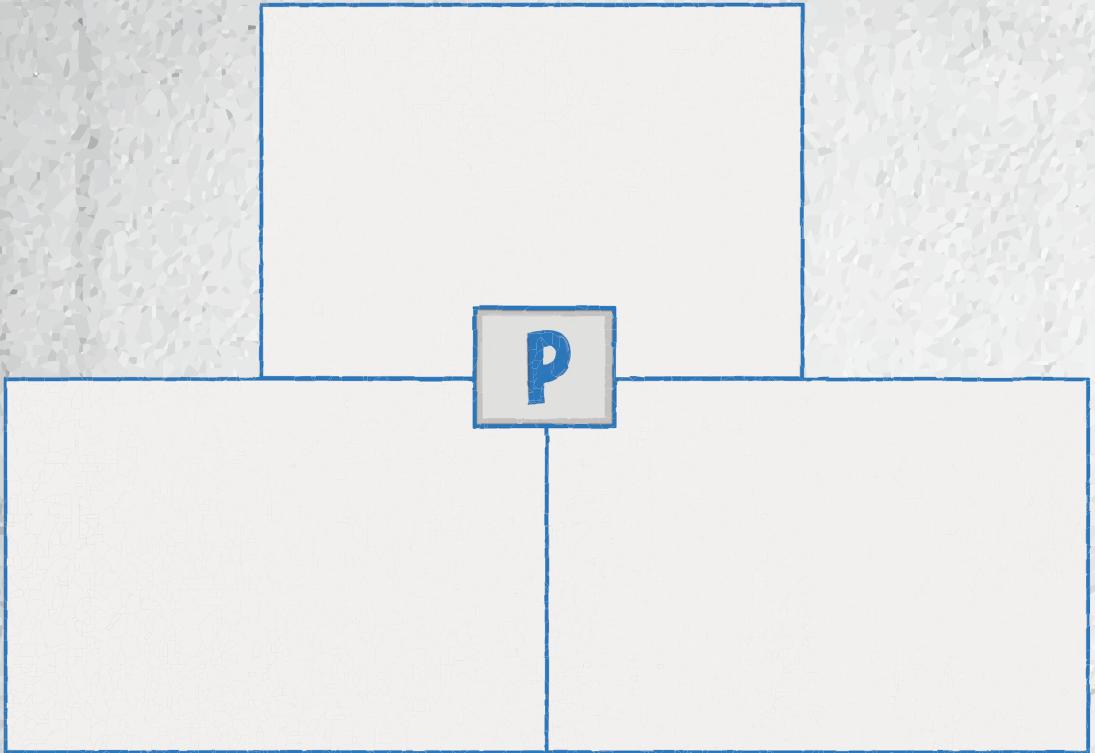
You can print these out as many times as you like and put them on your wall to remind you what to do. This will really help you feel confident when tackling something tough.

★ What is hard for you to do?

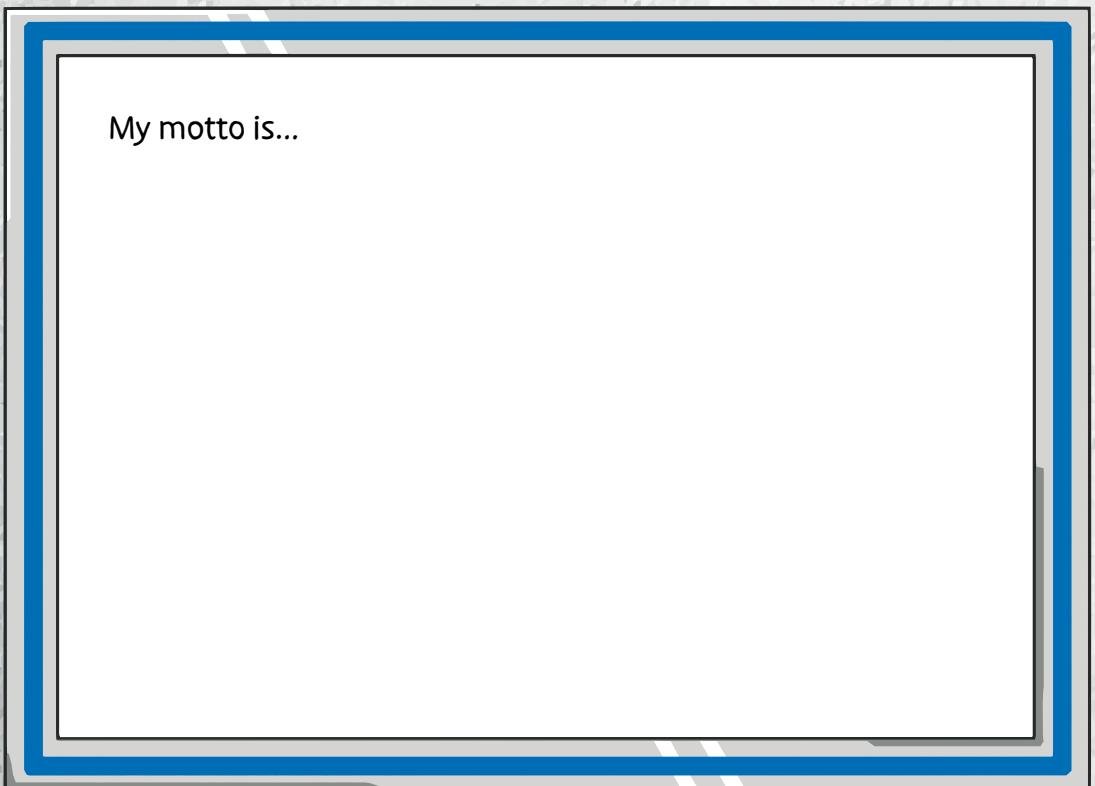
★ What can you do to help with this or to make it more fun?

★ Who is in your team?

★ What can your team do to help?



P



My motto is...

