Keeping Strong

Remind myself that I am coaching Year 7 basketball team after school today 😊

Ben is meeting me at the corner shop at 7.45am, I don't want to be late or let him down!

Mrs Daniel's will give me a heads up on any tricky words coming up in History! She'll be there to help and has promísed she'll be subtle.

Save a spot for Ted in History. Check-out with Ms Daniel's at end of History. To build up to attending then it is lunch and PE! school consistently on days when I have history Break Then get to history 5 mins early to quickly

diagram with Ms Daniels

walk to English with Billy then I have Art.

Ms Healy will check-in

with me at end of Ant

Attend tutor group Six next to Billy and agree

basketball warm up

Meet Ben at corner

shop at X.45am §

walk to school together

@DrJerricah @EdPsychEd

> I can clench and release my fists when feeling stressed! Remember to breathe out slowly when I release.

visualise slam dunking basketball and recall that proud feeling, which helps me feel happy and light 😊

Remember, if it gets too much I can go and see Mr James or Mrs Smith in the PE department - do not walk offsite - this is my safe space!!