

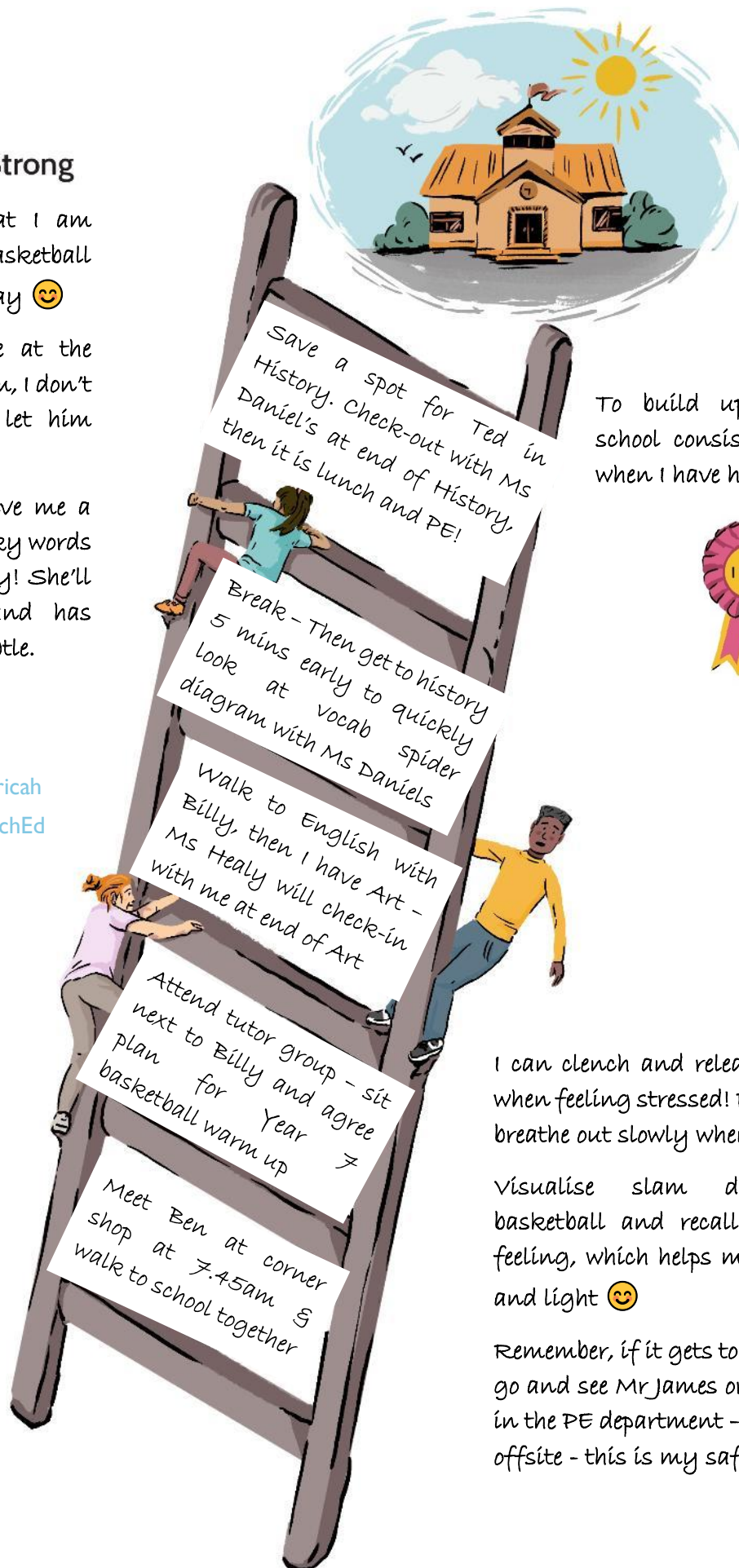
Keeping Strong

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 promised she'll be subtle.

@DrJerricah
@EdPsychEd



To build up to attending school consistently on days when I have history



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

Visualise slam dunking a 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!!