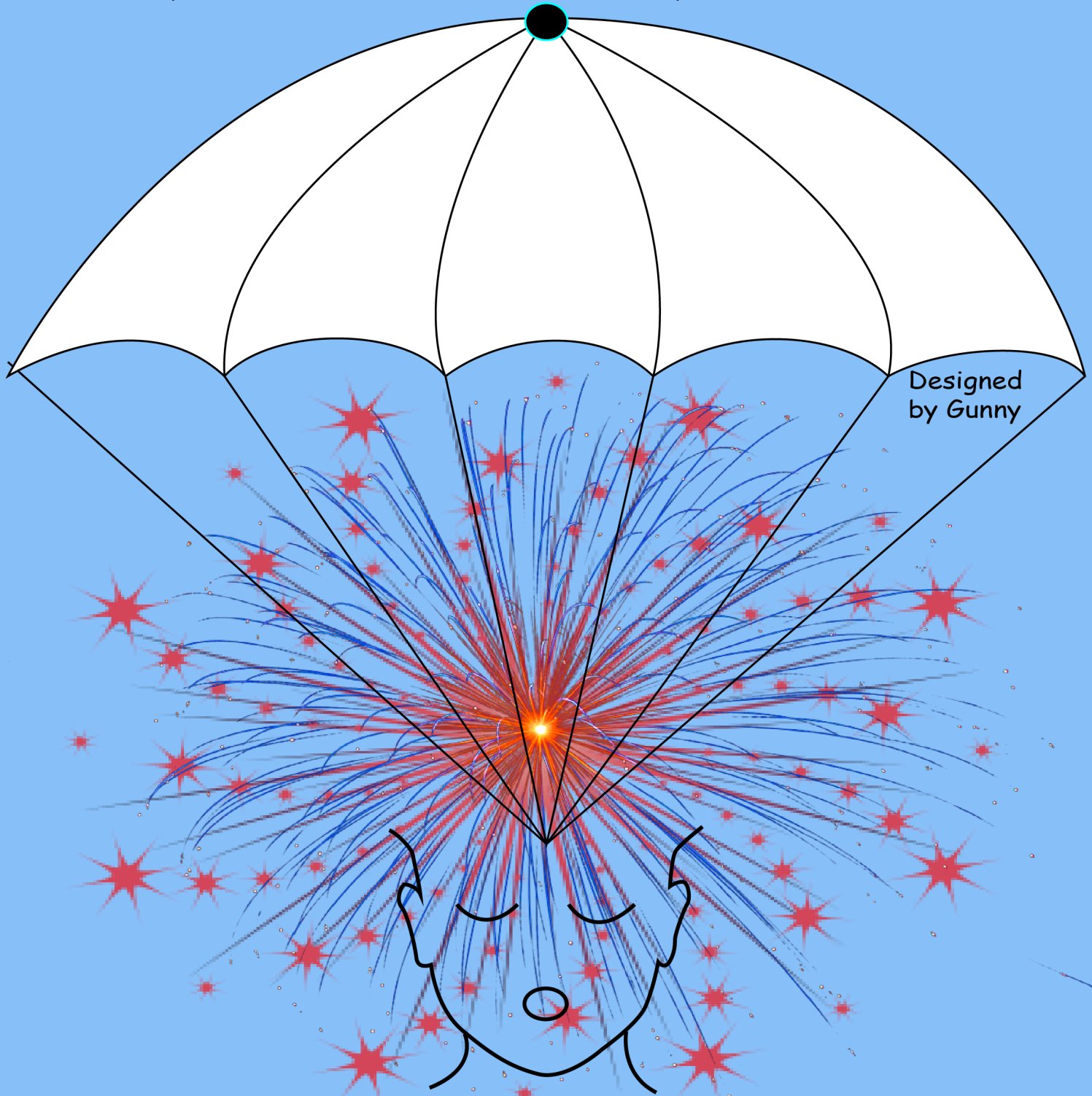


This is a diagram to show what "tools" strategies or methods you have learnt through Assert or already have to help you cope when everything gets "too much".

There are 5 "tools" you can write down in the boxes at the bottom. Each box represents a segment of the parachute that is "saving" or helping you land safely/cope. Feel free to colour the box and its represented parachute segment any colours you like. One i completed will be made available as an example to be clearer if needed.



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