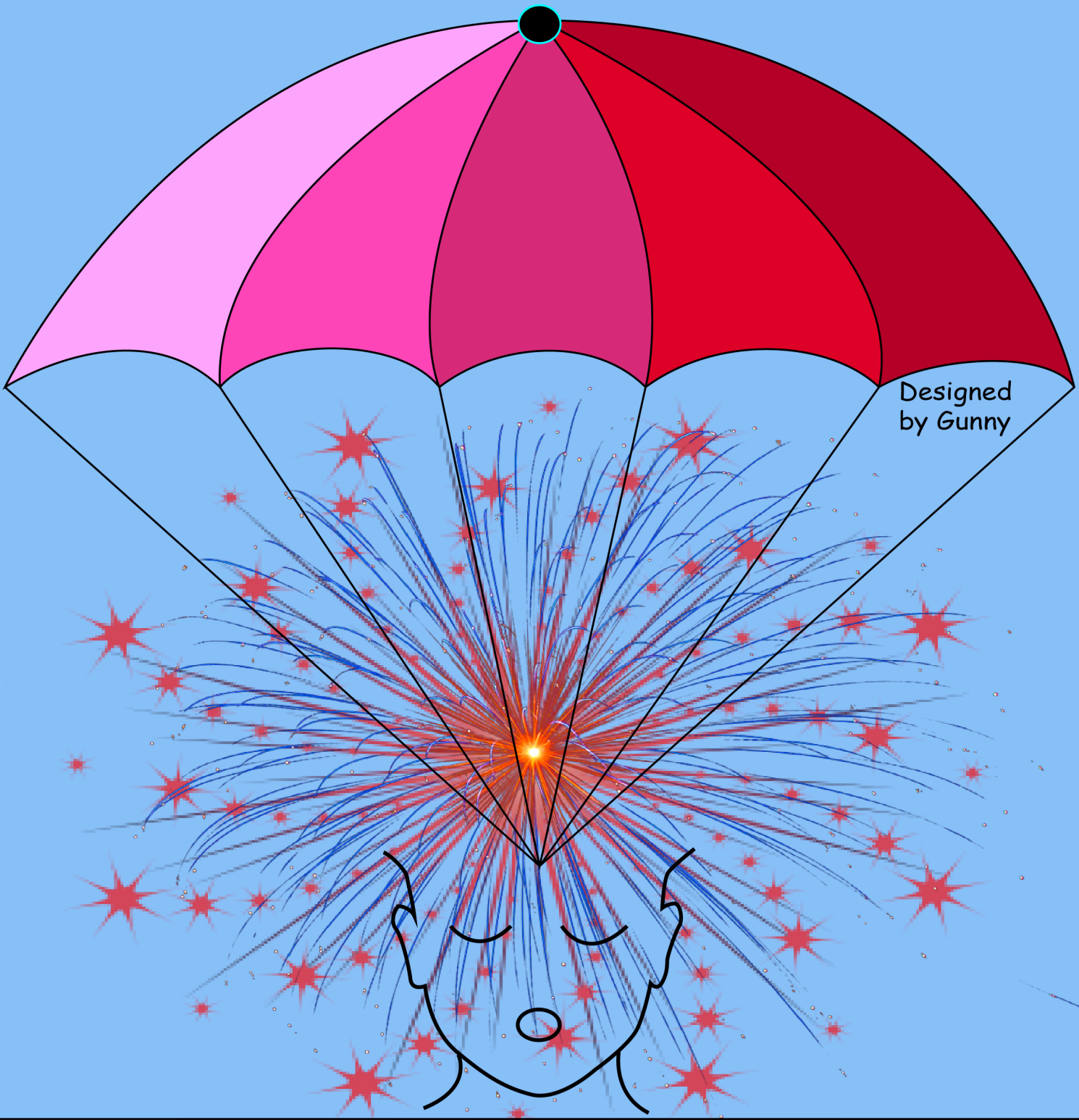


This is a diagram to show what "tools" strategies or methods you have learnt through Assert or already have to help you cope when everything gets "too much". There are 5 "tools" you can write down in the boxes at the bottom, the colour of the box represents a segment of the parachute that is "saving" or helping you land safely/cope. One i completed will be made available as an example to be clearer if needed.



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