

Home-time checklist...

PAUSE - take one deep breath as you think about today... how are you feeling?

REFLECT

- what was the trickiest thing at school today? Do you need to

Talk with someone who can help you with this?

Acknowledge it, share it & let it go...

SMILE

- find 3 good things from today & **BE PROUD** of what you did.

even the little things count!

CONNECT

- check on your friends
... are they okay?
... do they need any help?

REFOCUS

- it's home time!

what is one thing from school today that you'd like to share at home?

don't forget to switch off, rest & recharge!