



SPELL

**I can solve this
problem**

SPELL

**Believe in yourself
Think what?**

SPELL

**Think of a nice,
safe place**

SPELL

**Calm yourself
How?**

SPELL

**Ask yourself:
“Am I really in
danger?”**

SPELL

**Tell yourself:
“I can calm down
and think”**

SPELL

Think relax

SPELL

Just do your best

TRICK

**Think “calm”,
breath evenly**

TRICK

**Get help from
a teacher**

TRICK

Work out what to do

TRICK

Have a drink of water

TRICK

Don't give up

TRICK

Find my friends

TRICK

**Imagine scary
thoughts floating**

TRICK

**Talk to someone
Who?**