

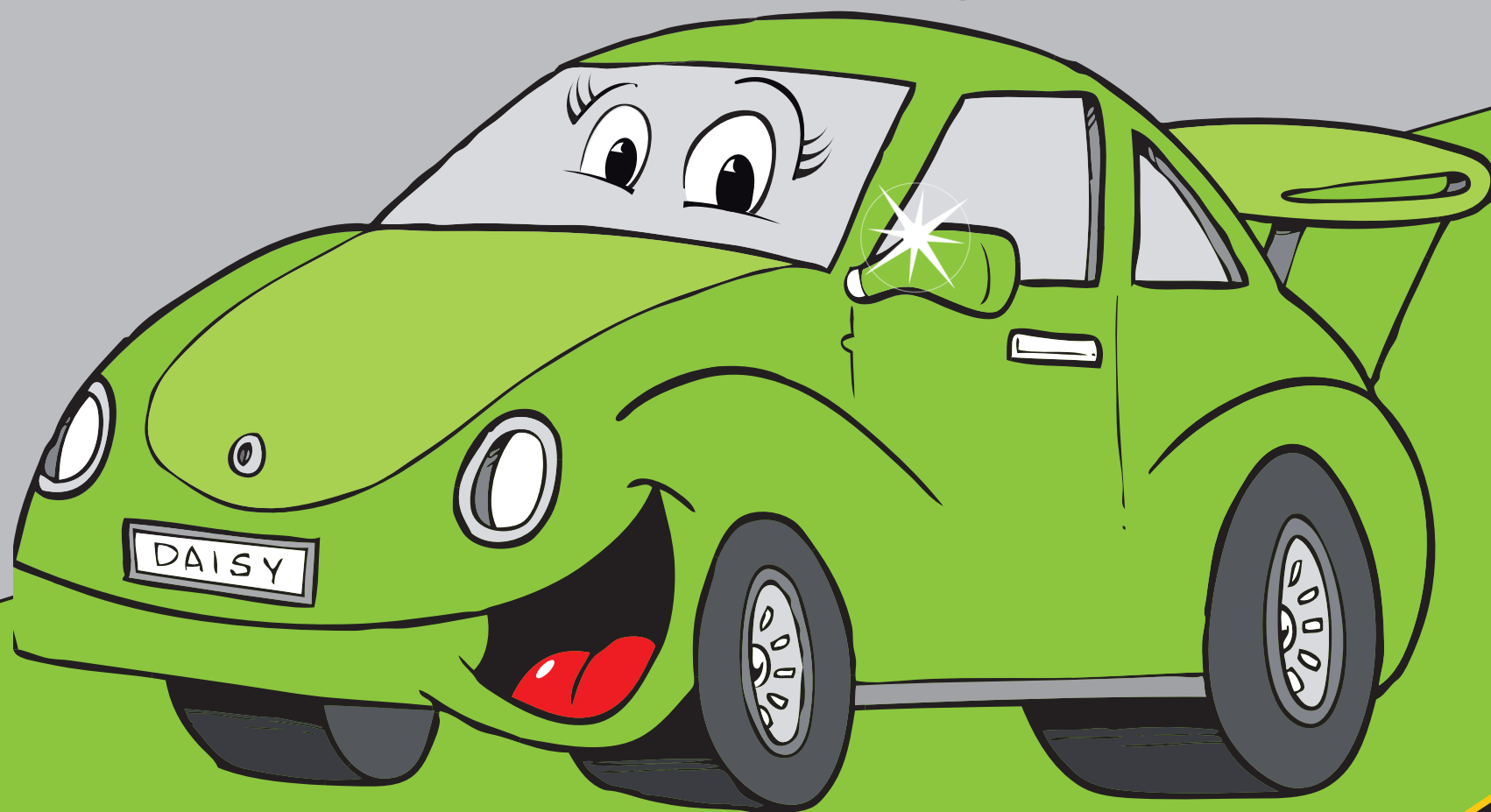
**Accepting**  
**Supporting**  
**Negotiating**  
**Listening**  
**Encouraging**  
**Trusting**  
**Respecting**



*Use  
these  
Dragster Open  
Road thought  
posters to solve your  
problems and  
get happier!*



**I'm glad we are all different.  
I like myself just the way I am.  
We are all special and important.  
I know that I won't always get  
what I want, and that's ok.  
I am grateful for what I have.**



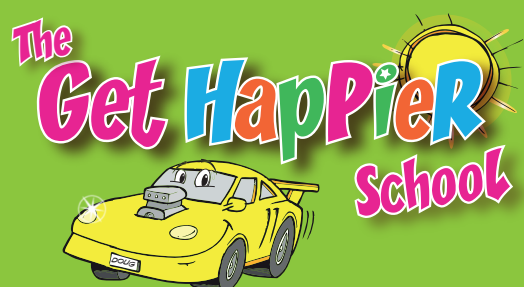
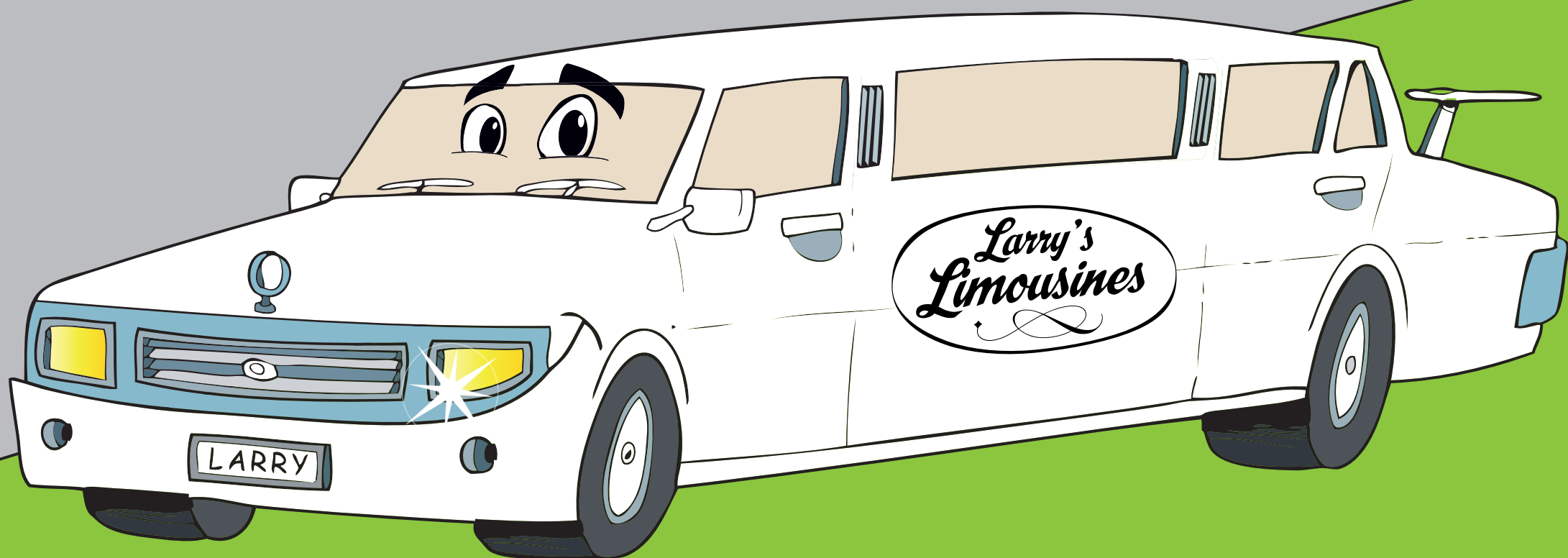
**I feel strong when I say  
kind words to myself.**

**I keep myself safe and healthy.**

**I am strong, confident and kind.**

**When I help others, I get happier.**

**I love making my world safer  
and happier.**





**We can work out our differences together.**

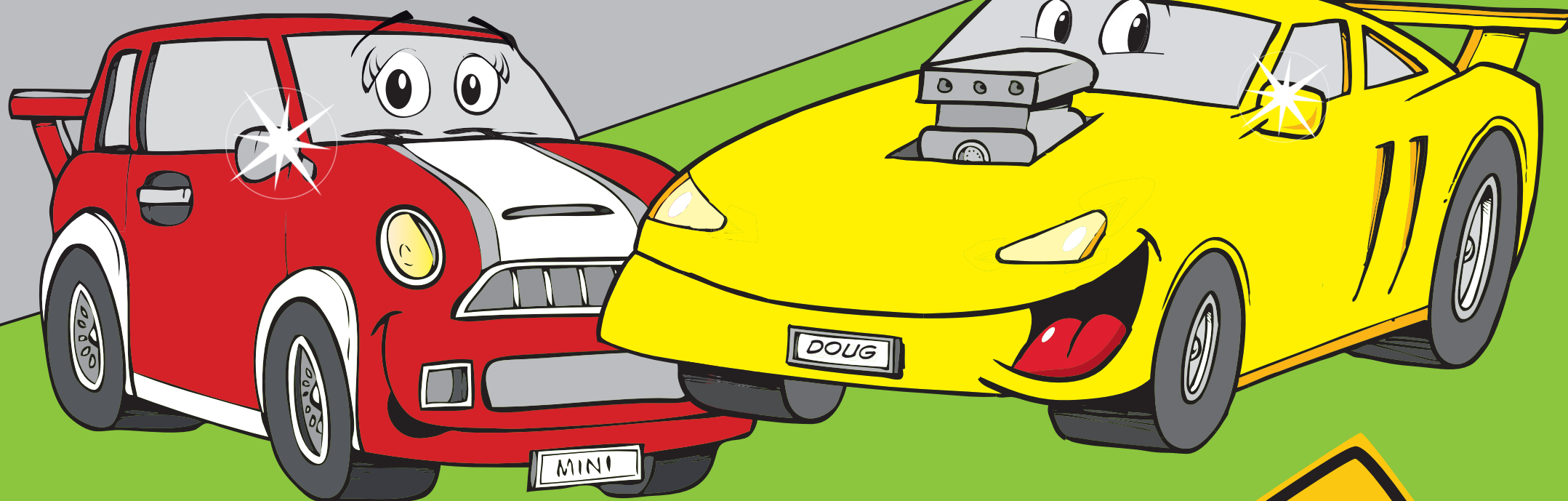
**I can ask for what I want in a calm  
and kind way.**

**I can take some deep breaths to get calm.**

**I'm good at working things out.**

**Working things out with each  
other gets the best results.**

**Working things out together  
can be fun.**



**I listen to what I say to myself,  
and how I feel.**

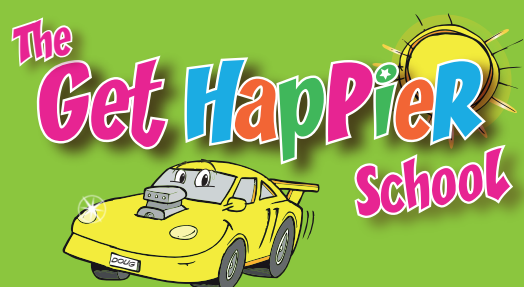
**Listening helps me keep safe and smart.**

**I watch closely when I'm listening.**

**When I listen, I can work out what  
is going on.**

**I hear amazing and interesting  
things when I listen carefully.**

**When I listen, I get on  
better with others.**



**I can make changes.**

**I work on getting better every day.**

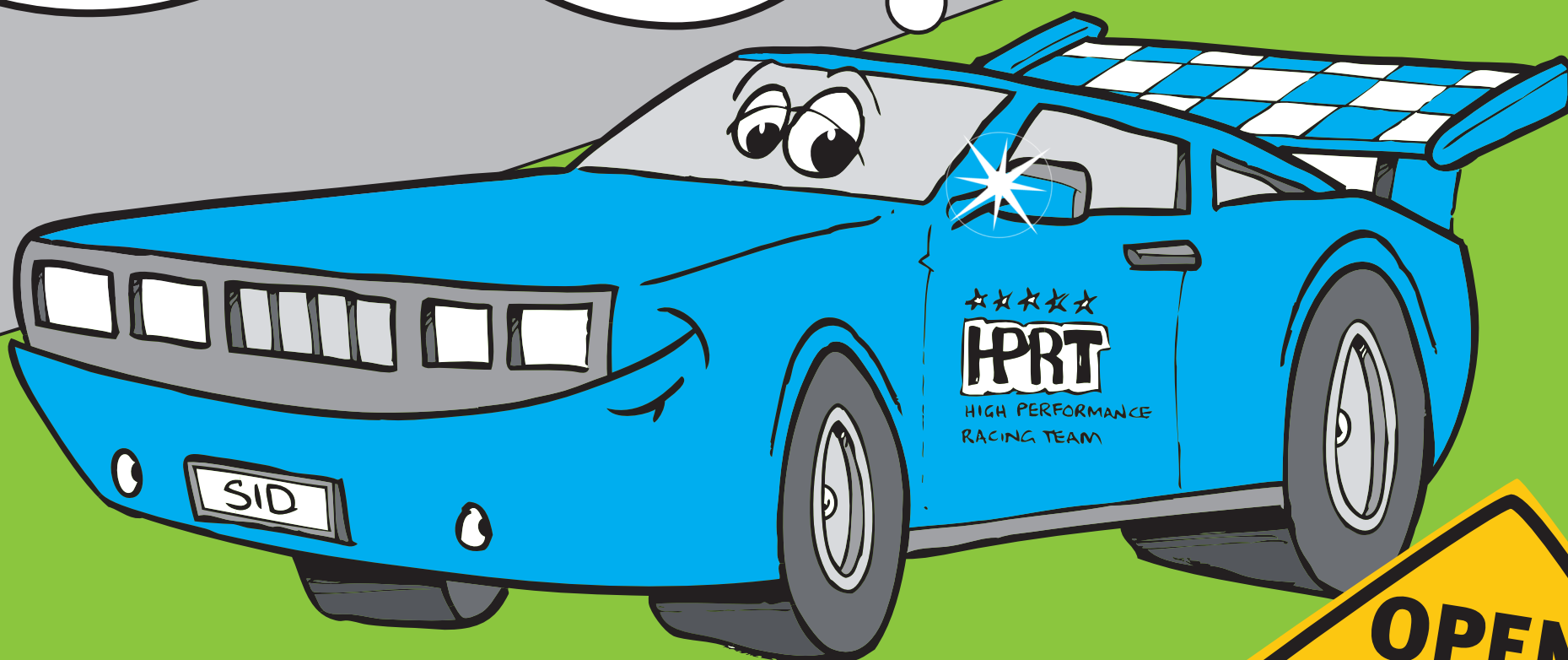
**I am strong and capable.**

**I do my best.**

**I encourage my friends to  
do their best.**

**I get stronger when I have a  
go at things that seem hard.**

**I take risks and I learn from  
everything that happens.**



**I believe in myself.**

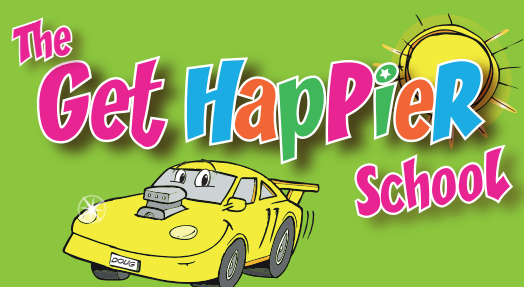
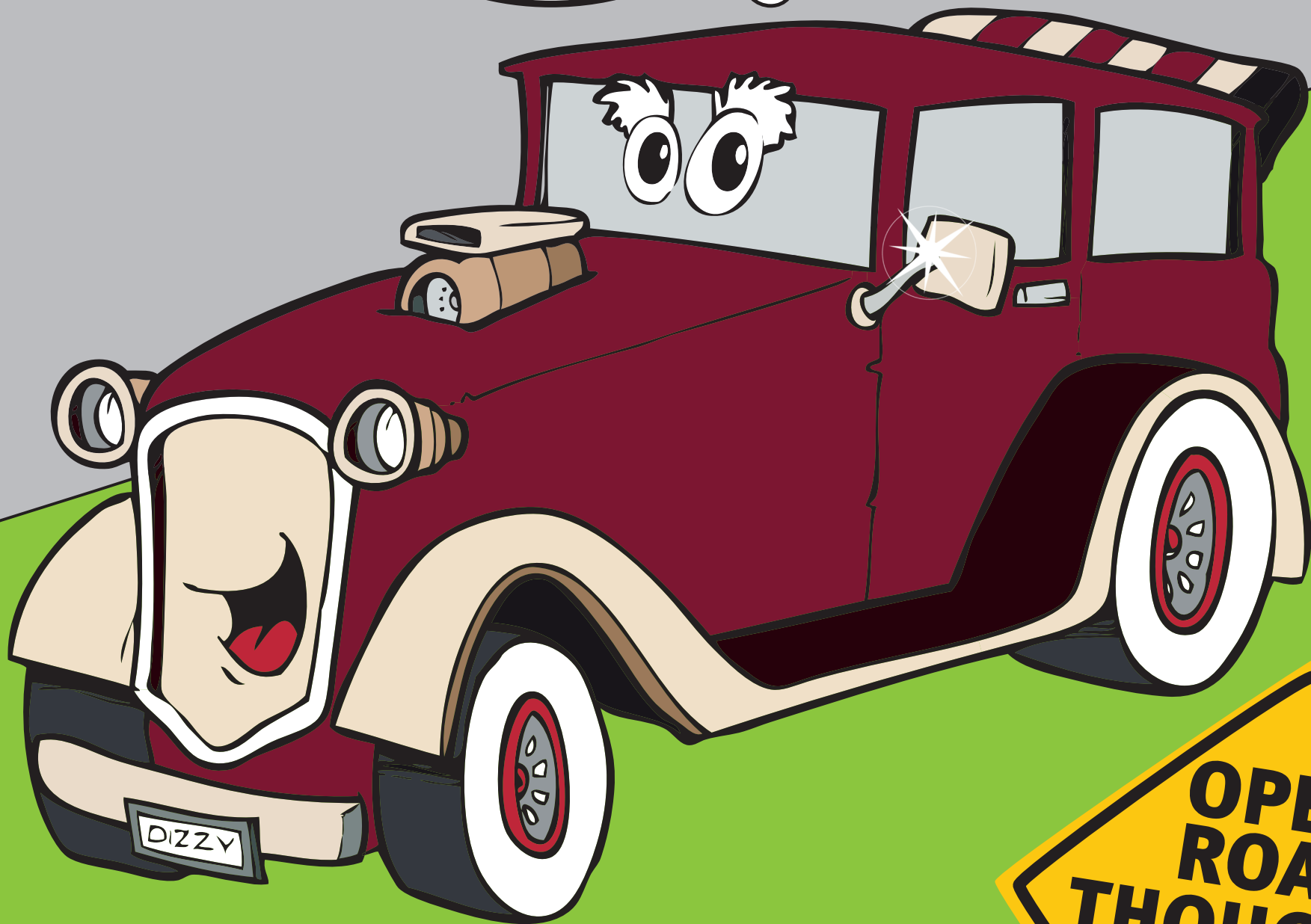
**I keep learning to manage my feelings.**

**I say what is true for me.**

**I trust my brain.**

**I trust myself to make safe choices.**

**No matter how hard it is,  
I will give it my best.**





**I am my own best friend.**

**I treat others as I would like to be treated.**

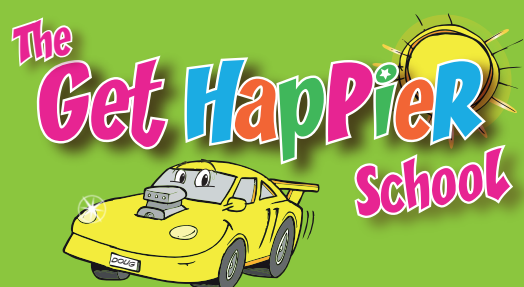
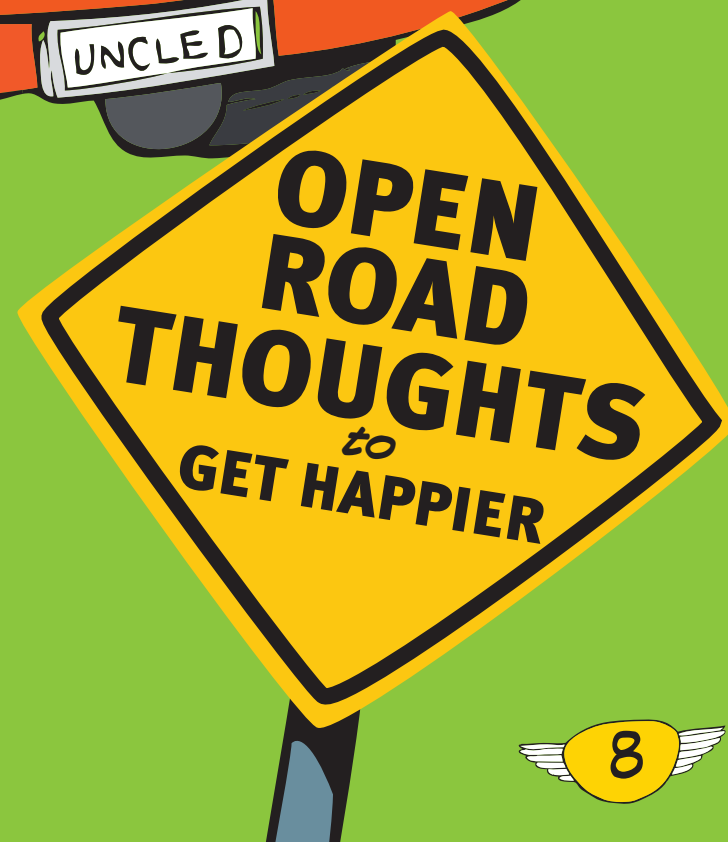
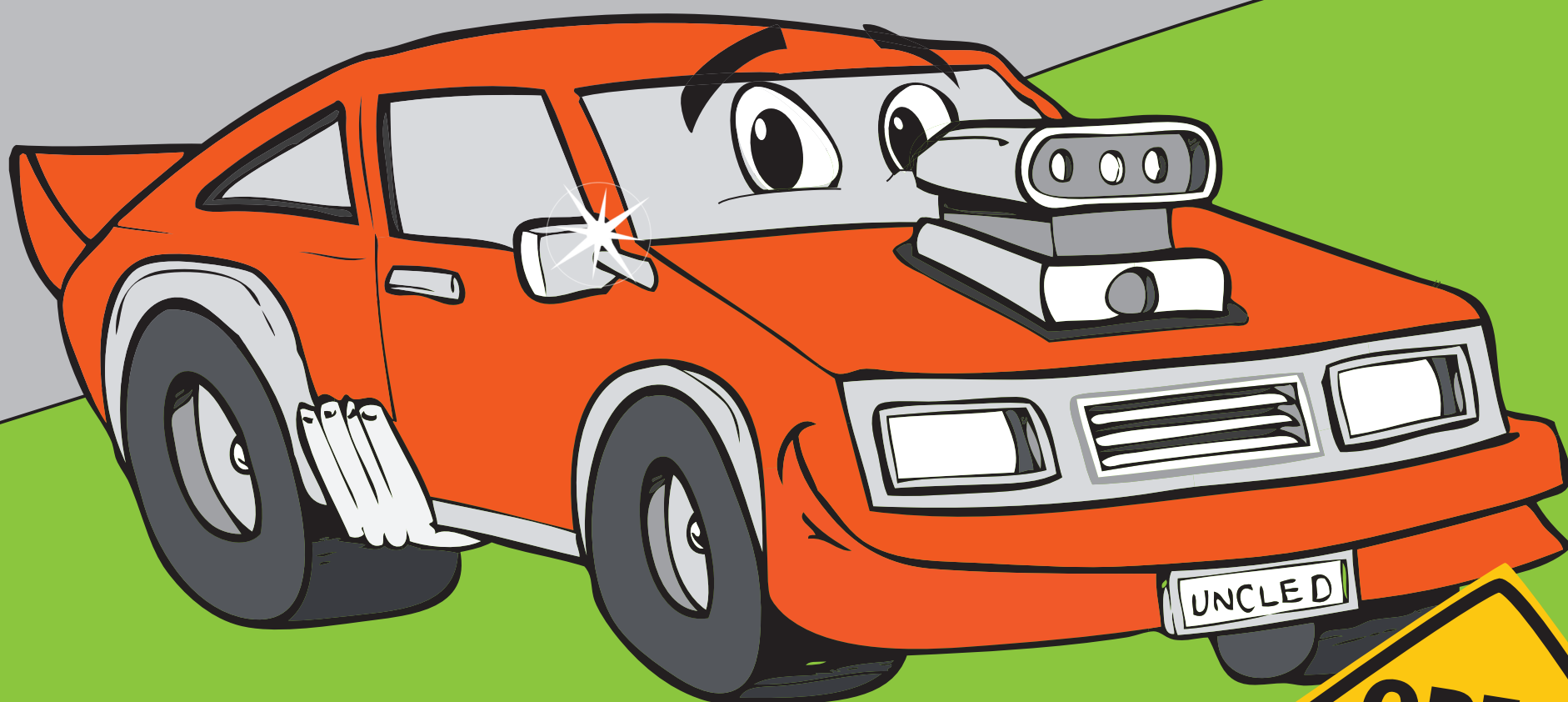
**I care for myself and others.**

**I am responsible for what I do.**

**My thoughts and feelings matter.**

**I am in charge of myself.**

**We all have a right to be  
happy and enjoy life.**



# WORKING THINGS OUT on the ROUNDABOUT

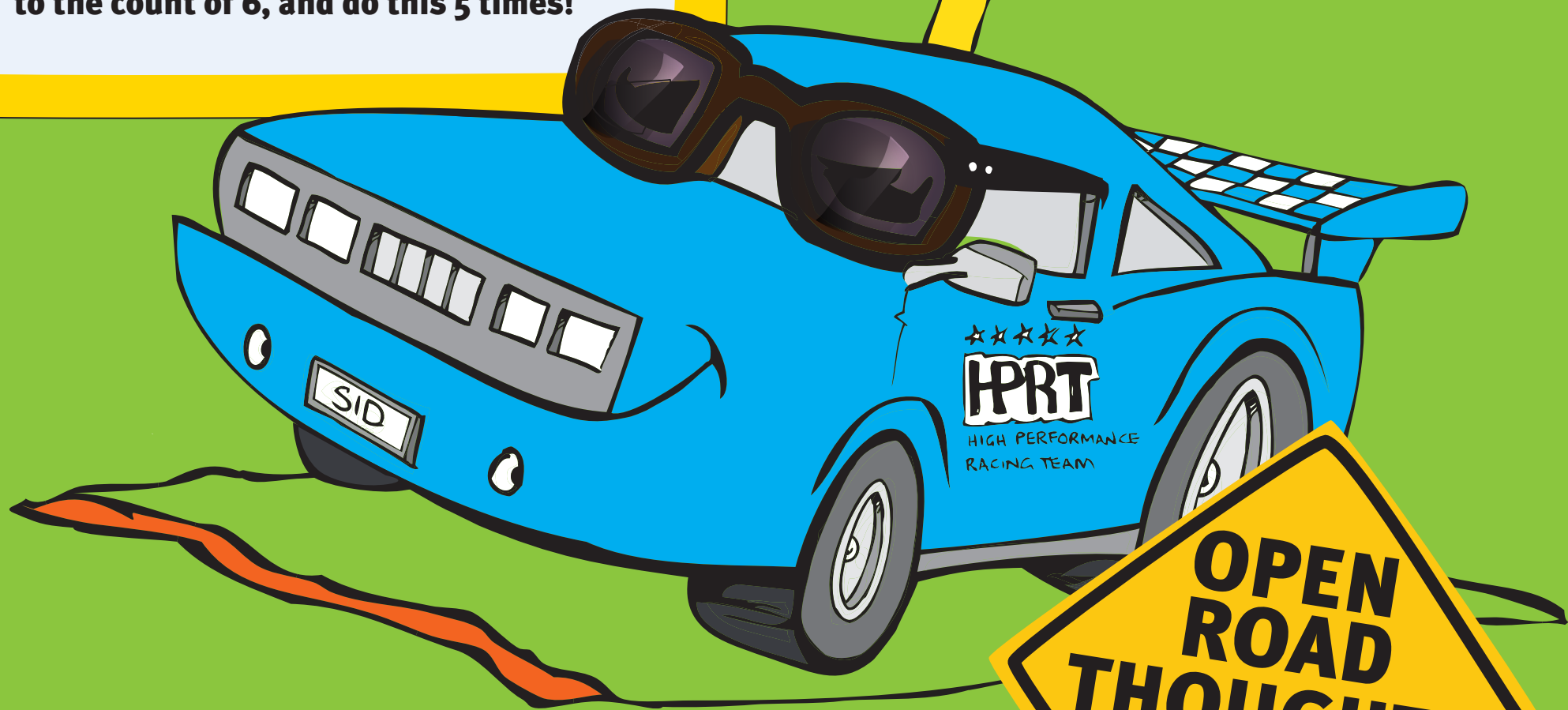


# ★ COOL DOWN YOUR BRAIN ★

- Have a safe place or person to be with
- Listen to your favourite music
- Take a short walk or run
- Put your feet up in the sun
- Drink a cup of cool water
- Go to a cool place
- Jump with a skipping rope
- Sit with a friend
- Stroke a pet
- Sit under a tree
- Read a book
- Draw, write or colour in
- Count backwards from 100
- Push against a wall 3 times
- Lie on your back and look at the sky
- Read the story, *Doug Learns to Breathe*
- Breathe in to the count of 4, breathe out to the count of 6, and do this 5 times!



*When we are working things out it helps to calm down our brain, so we can think clearly.*



**OPEN  
ROAD  
THOUGHTS**  
*to*  
**GET HAPPIER**

