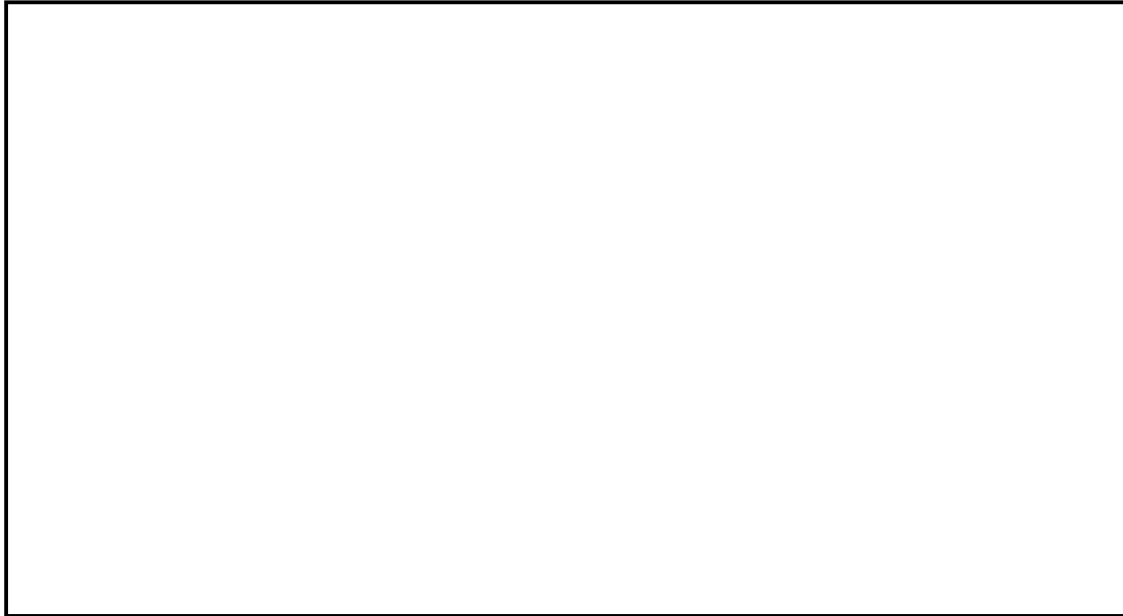


Steadying the Storm

Learning Objectives

- I can recognise emotional and sensory overload
- I Can identify regulation tools that help with overload



This storm represents times when feelings or sensations feel overwhelming. What does this feel like for you? Draw in the box above what the storm looks/feels like.

Below is your chance to think about tools that help you stay steady and to feel calm. Draw or write in the toolbox what helps you to feel calm.

