

MANAGING MYSELF

- AT SCHOOL
- LONG JOURNEYS
- IN CLOSED ROOMS (NEED FRESH AIR)
- WHEN SIBLINGS TAKE THINGS
- AMONGST RUDE DRIVERS
- WHEN PEOPLE ARE RUDE FOR NO REASON.

How Do WE MANAGE OUR SEWES.

- CONTROL NEGATIVE LANGUAGE
- HAVING PATIENCE
- KEEPING BUSY
- SETTING POSITIVE EXAMPLES