

## When things don't go as we expect

Sometimes things don't go the way we expect. Sometimes we can't do or have what we want. This happens to everyone. When this happens to someone it usually makes them feel disappointed.

When people feel disappointed they try to calm down and think about something that makes them feel good. They might also think of nice things they are going to do later.

When things don't go as I expect I will try and calm down. Mum//Mrs Sandon will remind me to try and think of something that makes me feel good. She will try and warn me when something might happen and what will happen later.

I will try to stay calm and listen to mum/Mrs Sandon. This is a sensible thing to do.