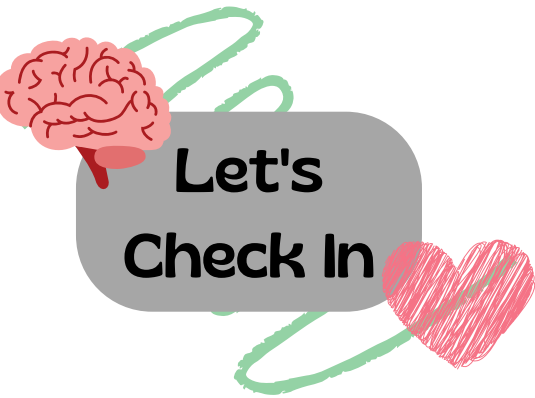



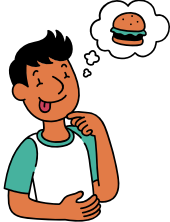


Name: \_\_\_\_\_

Code: \_\_\_\_\_

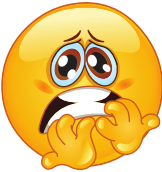





HALT  
Are you...



hungry      angry      lonely      tired

How are you feeling?      you can choose more than one



sad      embarrassed      frustrated      scared      \_\_\_\_\_ other

What happened?

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Think about what you need right now.



talk



hug



a break



quiet



to move



breathing exercises

What can you do differently next time?



talk to someone



breathe



ask for help



stop and walk away



kind words

Do you need to apologize or repair any relationships? YES NO

How can you do that?

What is something kind you need to hear about yourself?

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If there is anything else you want to tell me about you can write about it here.

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