



End of the School Day

Follow these simple steps to help you wind down after school.

- Take a moment to think about today in school.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your school day (for example, change out of your school clothes)?
- What can you do now to help you relax (for example, play a game)?

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