



# WAITING

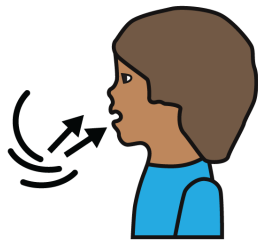


Waiting means you can't do something or have something straight away.

Everyone has to wait sometimes.

When you are asked to wait you can:

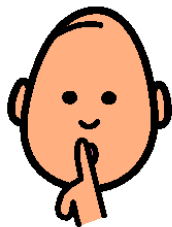
take deep breaths



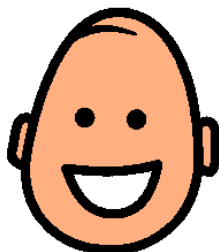
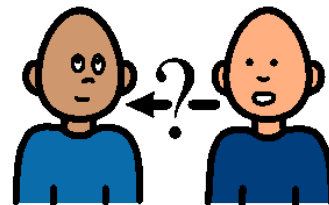
keep your body still



keep your voice quiet



ask for something quiet to do



When you wait quietly other people appreciate it and your body and mind will feel relaxed.

When the person finishes you can

- ask for help
- have a turn

