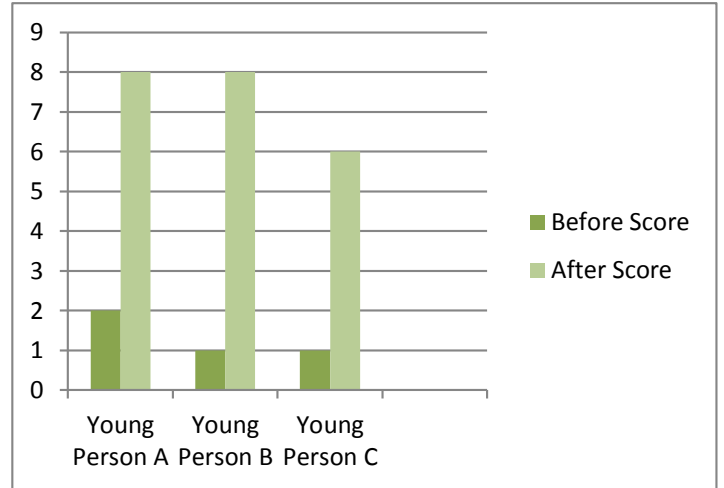
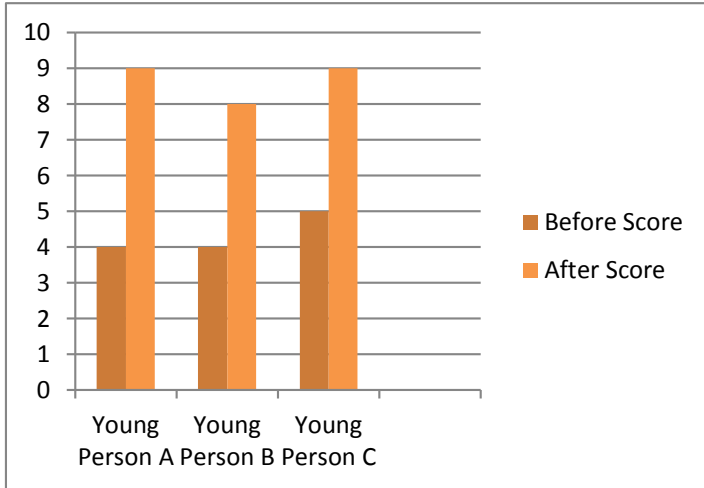


How **confident did you feel about healthy coping strategies** before and after the Decider Skills Course?

How **in control of your feelings** were you before and after the Decider Skills Course?



When he called me a name –I used Fact or Opinion to calm myself down. I told myself that it was their opinion and not fact.

I have used 5,4,3,2,1 when I was in lessons feeling down.

I used STOPP when I had a fall out with my mum.

I used STOPP in an argument when I was getting accused of something I didn't do.

I used 5,4,3,2,1 because my friend really annoyed me in class and I didn't want to lash out in front of everyone. It helped me calm down and think about what is really important.