



COPING SKILLS

L1 RESOURCES

Feelings prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Angry



COPING SKILLS

L1 RESOURCES

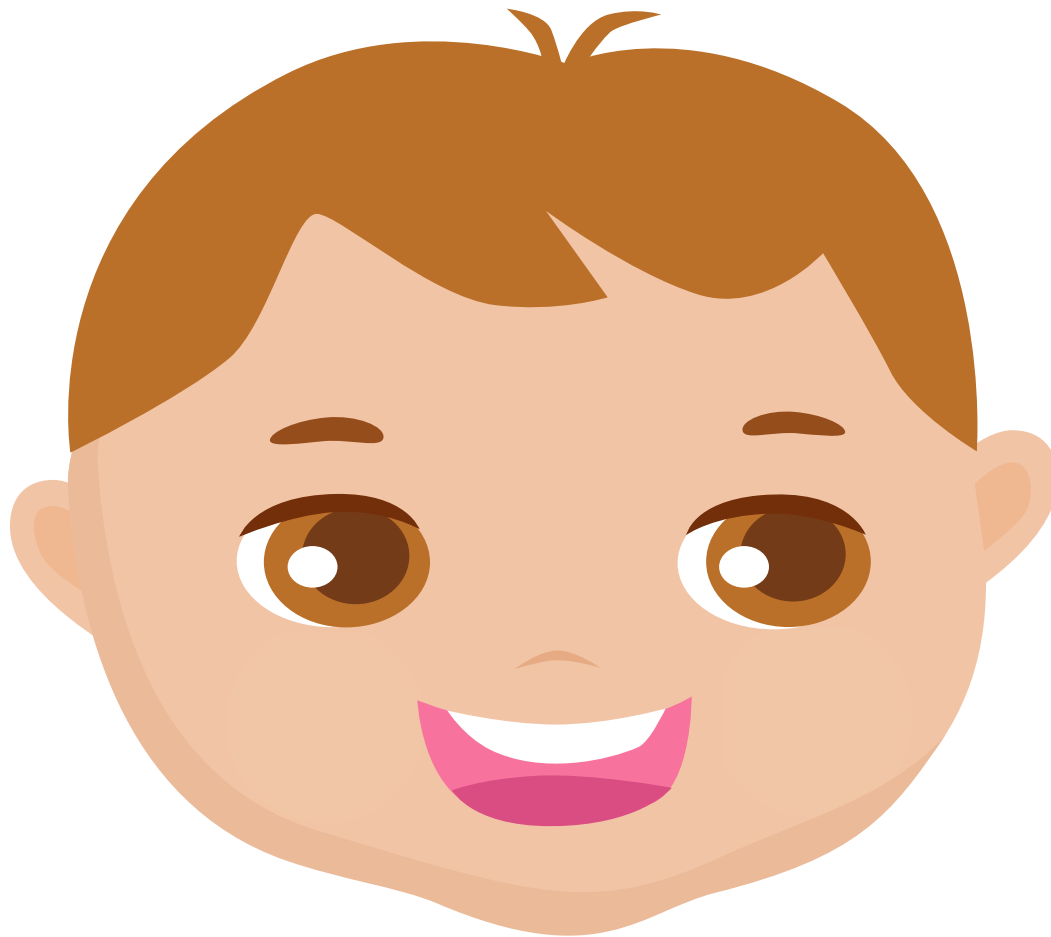
Feelings prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Happy

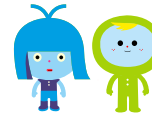


COPING SKILLS

L1 RESOURCES

Feelings prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Sad



COPING SKILLS

L1 RESOURCES

Feelings prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Embarrassed

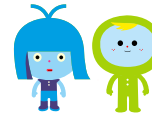


COPING SKILLS

L1 RESOURCES

Feelings prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Sleepy

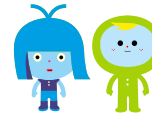


COPING SKILLS

L1 RESOURCES

Feelings prompt cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY



Surprised

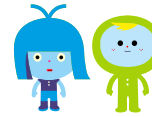


COPING SKILLS

L1 RESOURCES

Feelings prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Bored



COPING SKILLS

L2 RESOURCES
Positive image cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

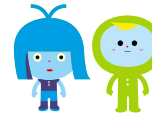




COPING SKILLS

L2 RESOURCES
Positive image cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

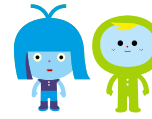




COPING SKILLS

L2 RESOURCES
Positive image cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

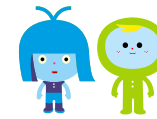




COPING SKILLS

L2 RESOURCES
Positive image cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY





COPING SKILLS

L2 RESOURCES
Positive image cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

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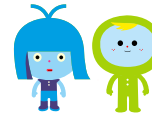


COPING SKILLS

L2 RESOURCES

Not so positive image cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



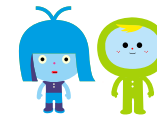


COPING SKILLS

L2 RESOURCES

Not so positive image cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



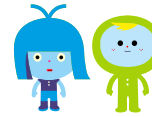


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Not so positive image cards

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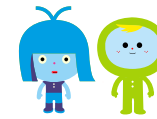


COPING SKILLS

L2 RESOURCES

Not so positive image cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY





COPING SKILLS

L3 RESOURCES

My school day chart

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

Get up,
get dressed,
have breakfast,
walk or go to school,
leave adult at gate,
go into class,
sit at desk, talk to friend,
start school work,
listen to teacher,
need toilet,

go for break,
go out in playground,
see friends playing game,
break time finishes,
go back into classroom,
do some more work,
get stuck with game/work,
need a drink, go for dinner,
line up for lunch hall,
sitting at lunch table,
eating lunch,
lunchtime play,

go back to class,
sit quietly and still on carpet to listen to story,
draw a picture, show my picture,
share what I have learnt that day,
home time,
get picked up,
walk home,
have dinner,
speak to family,
go to bed.



COPING SKILLS

L3 RESOURCES

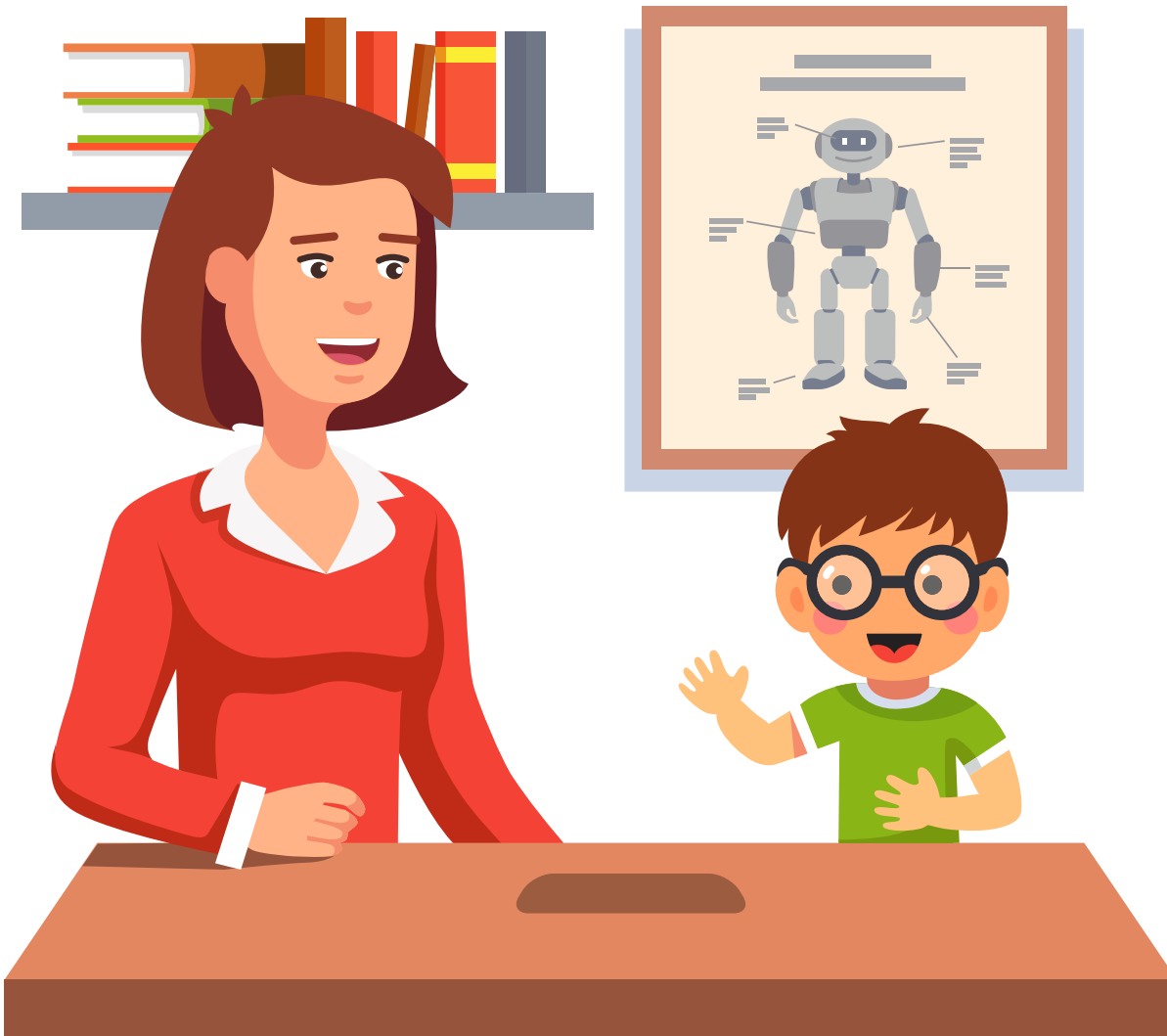
Feel better prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Talk to the teacher

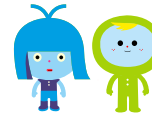


COPING SKILLS

L3 RESOURCES

Feel better prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Think happy
thoughts



COPING SKILLS

L3 RESOURCES

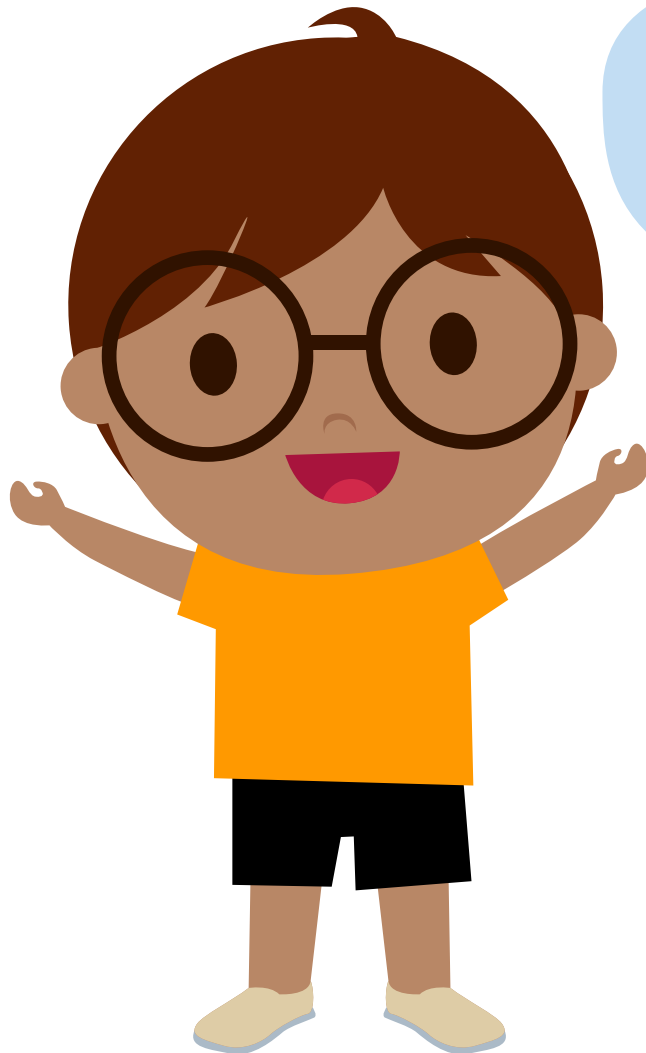
Feel better prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



I NEED
HELP

Ask for help

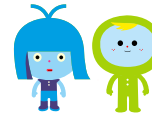


COPING SKILLS

L3 RESOURCES

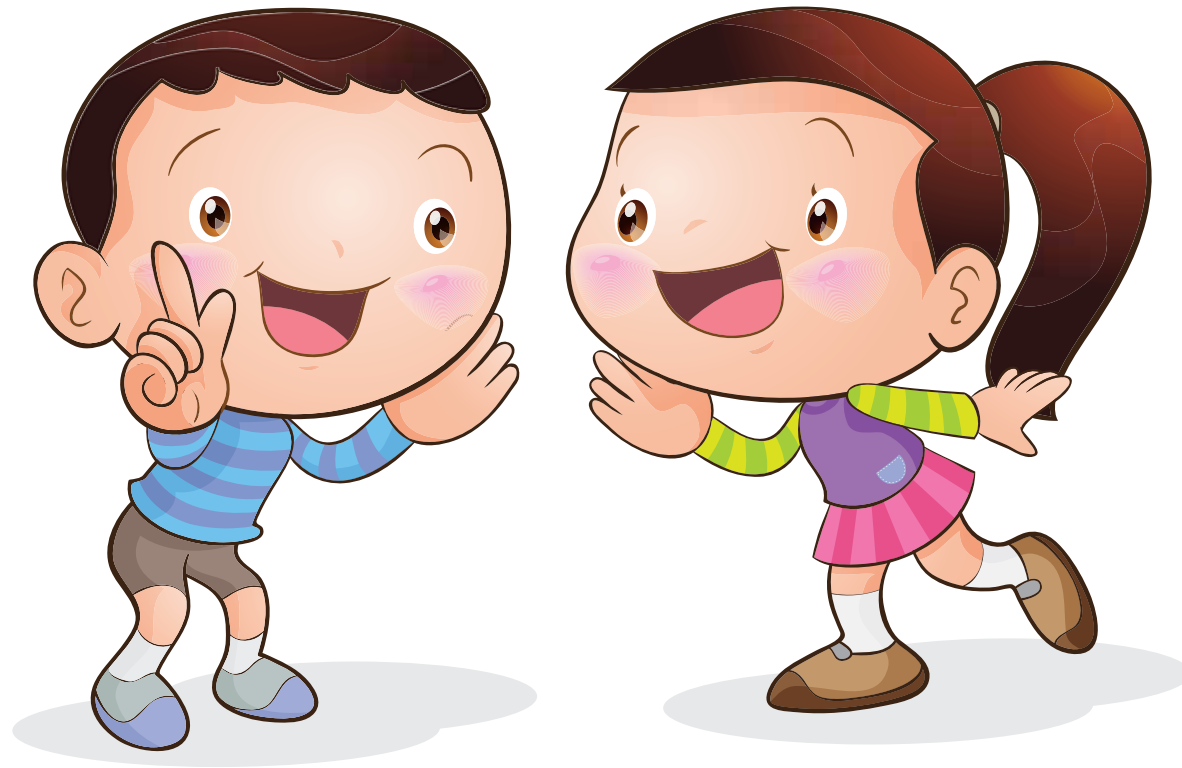
Feel better prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Speak to a friend

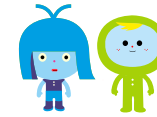


COPING SKILLS

L3 RESOURCES

Feel better prompt cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY



Sit quietly

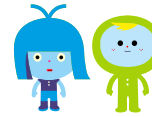


COPING SKILLS

L3 RESOURCES

Feel better prompt cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY



Play with
something I like

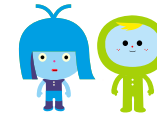


COPING SKILLS

L3 RESOURCES

Feel better prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Ask for a drink of
water

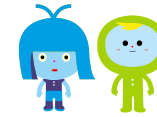


COPING SKILLS

L3 RESOURCES

Feel better prompt cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



Smile to myself

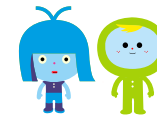


COPING SKILLS

L3 RESOURCES

I can recognise my feelings

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

I am...



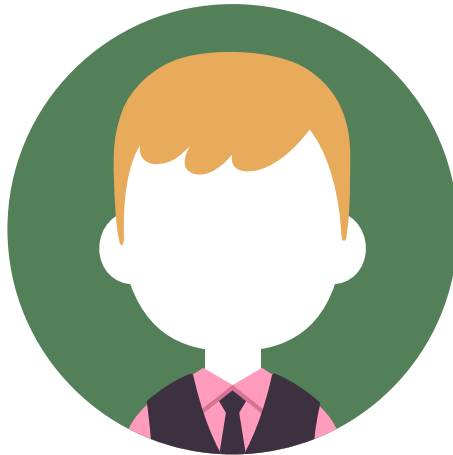
Sad



Happy



Tired



Angry



Afraid



Surprised



COPING SKILLS

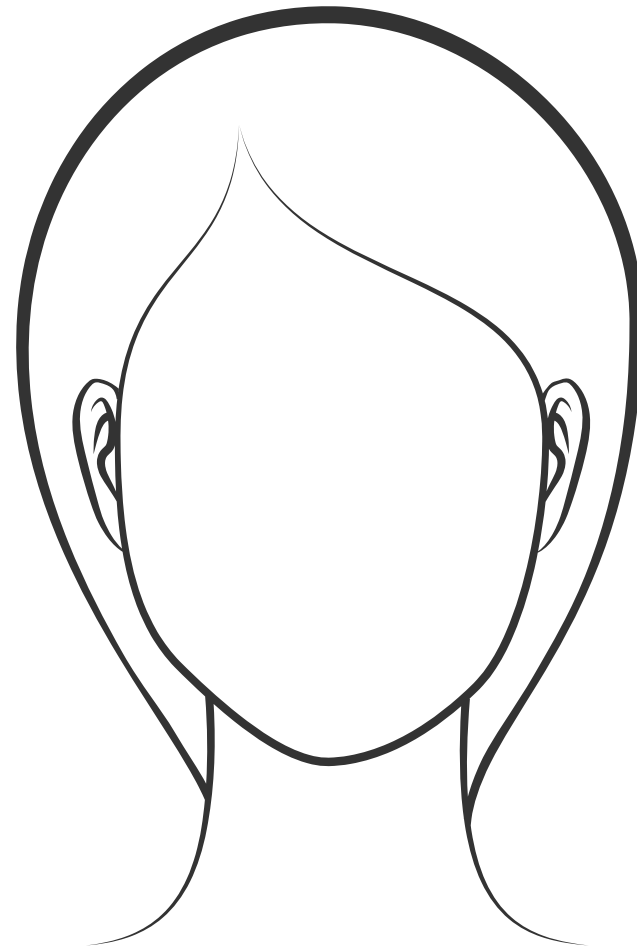
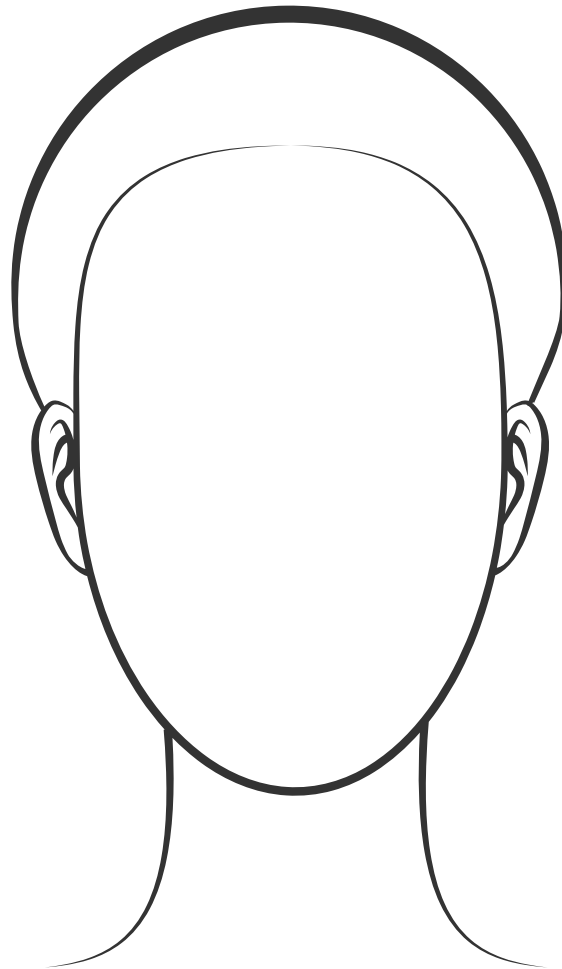
L3 RESOURCES
Face template

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY



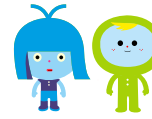


COPING SKILLS

L4 RESOURCES

My coping skills cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

If I feel upset because I miss...
I can...

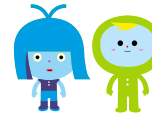


COPING SKILLS

L4 RESOURCES

My coping skills cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

If I'm finding it difficult to go to school
I can...



COPING SKILLS

L4 RESOURCES

My coping skills cards

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

If I find trying something new difficult
I can...



COPING SKILLS

L4 RESOURCES

My coping skills cards

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

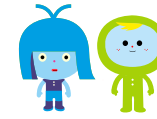
When I find something a bit scary I
will...



COPING SKILLS

L4 RESOURCES
Smile on a stick

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

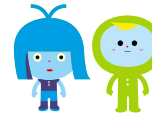




COPING SKILLS

RESOURCES
Award leaves

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for understanding what
feelings are

This award leaf has been presented to

for understanding what it means
to cope



COPING SKILLS

RESOURCES
Award leaves

Y1



LAUGHOLOGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLOGY

This award leaf has been presented to

for understanding how my
feelings can make me behave

This award leaf has been presented to

for understanding how to manage
my feelings



COPING SKILLS

RESOURCES
Award leaves

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

This award leaf has been presented to

for understanding how to
help myself feel better

This award leaf has been presented to



COPING SKILLS

RESOURCES
Award leaves

Y1



LAUGHOLGY
HAPPY-CENTRED
SCHOOL PROGRAMME

LAUGHOLGY

