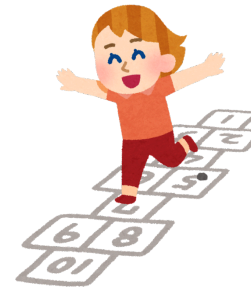


# My School Day Story Map

Let's make a story about your school day from when you arrive to when you go home. This will help us see what your day looks like and how different parts make you feel.

- Draw or map out your school day - show what happens in each part, like a story or timeline.
- Add symbols or little pictures for each part
- Show your feelings - use colours, stickers, or emojis to tell how you feel at each point.
- Add details - draw little scenes, stick figures, or speech bubbles if you'd like.

Then we'll talk about your map together...



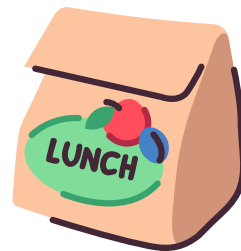
Class

Playtime

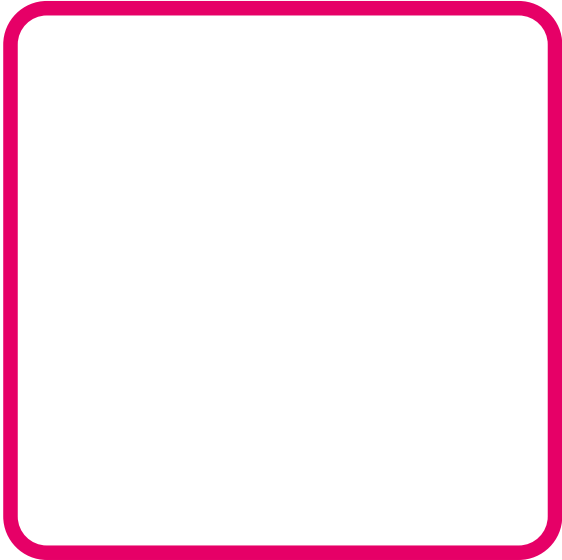
Arrive

Break/lunch

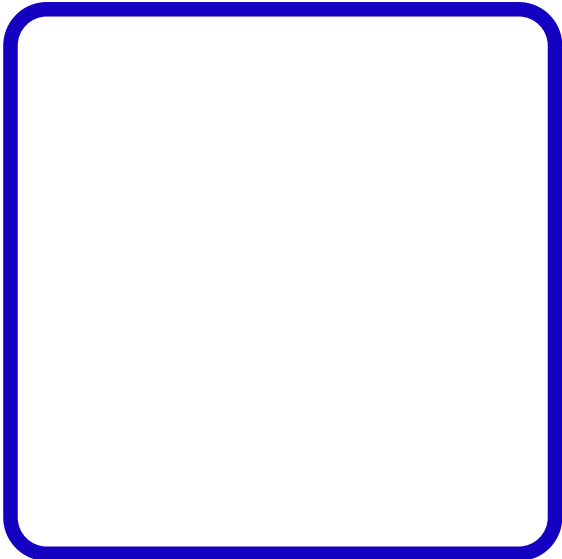
Home  
Time



When things get tricky  
I can...



Love yourself...



Trusted adult I can talk  
to...



People who are kind to me ...



Find a safe place...

Stand tall &  
brave...

