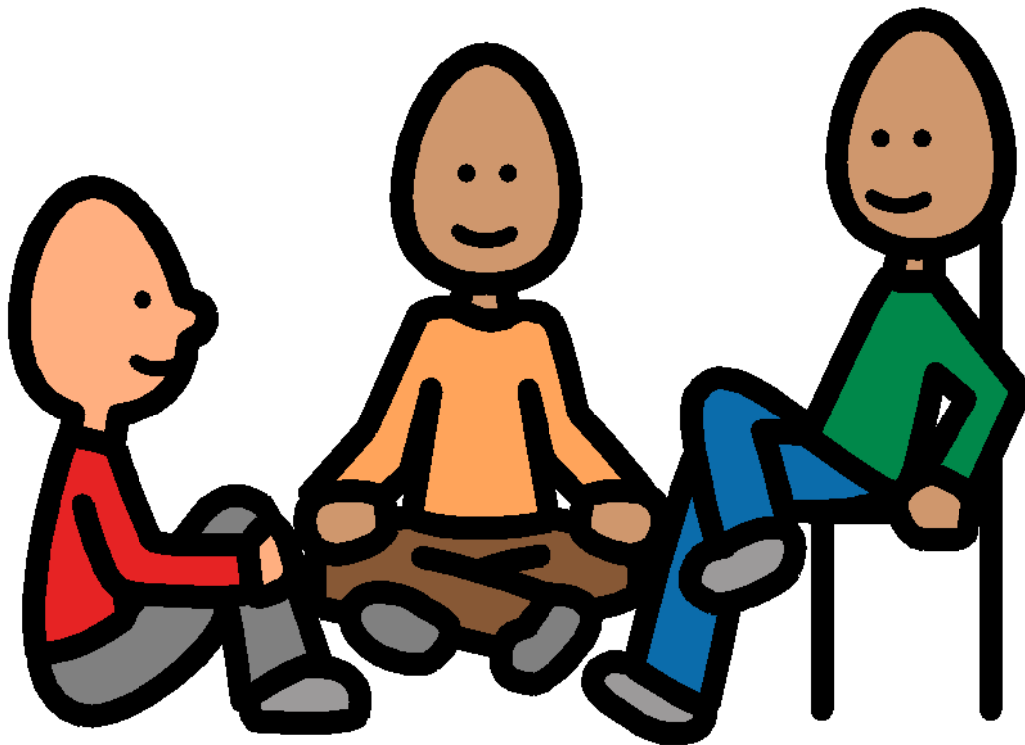
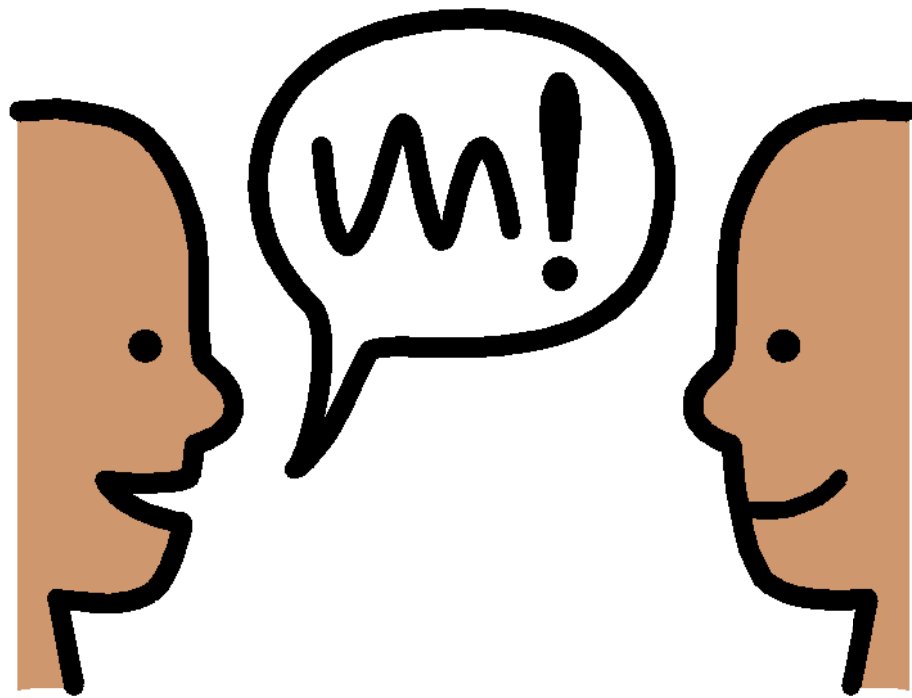


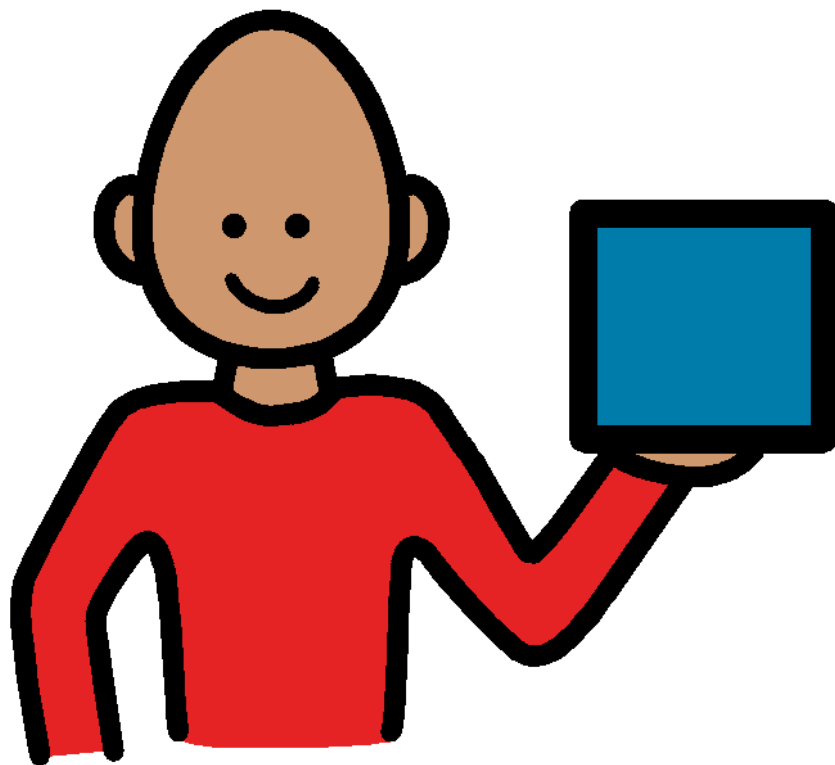
## TALKING IN FRONT OF THE CLASS



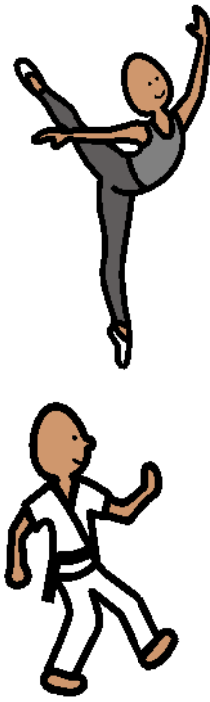
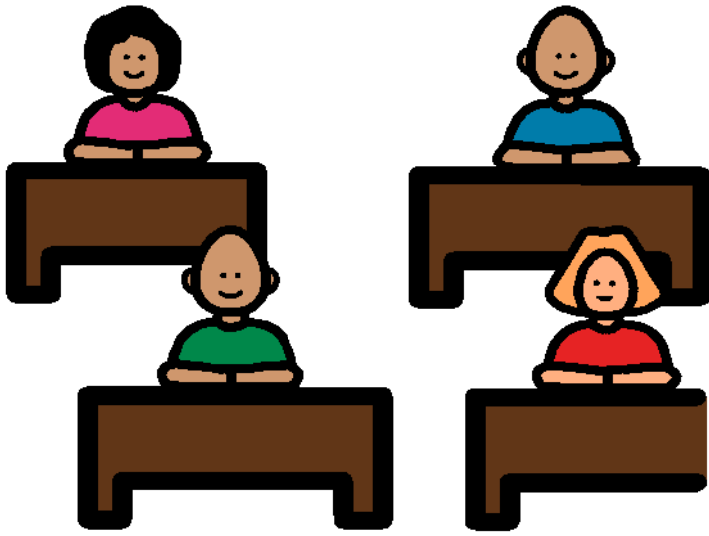
Sometimes I can talk to just one or two friends.



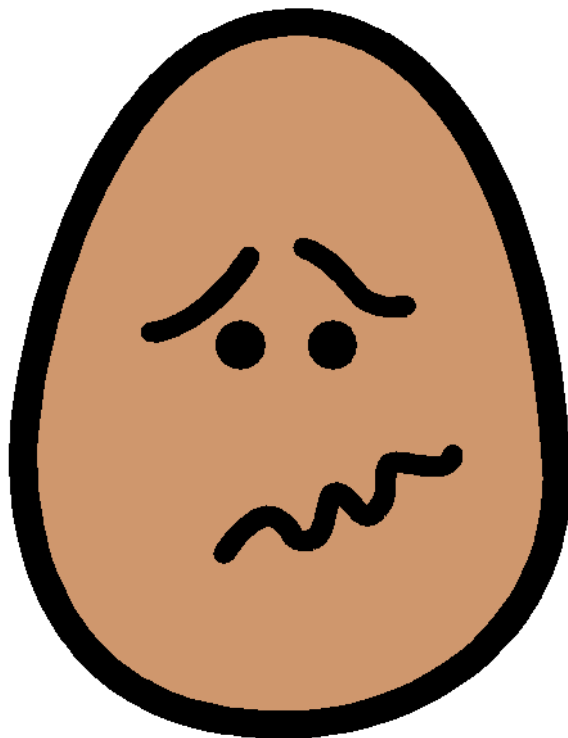
I like to talk to my friends.



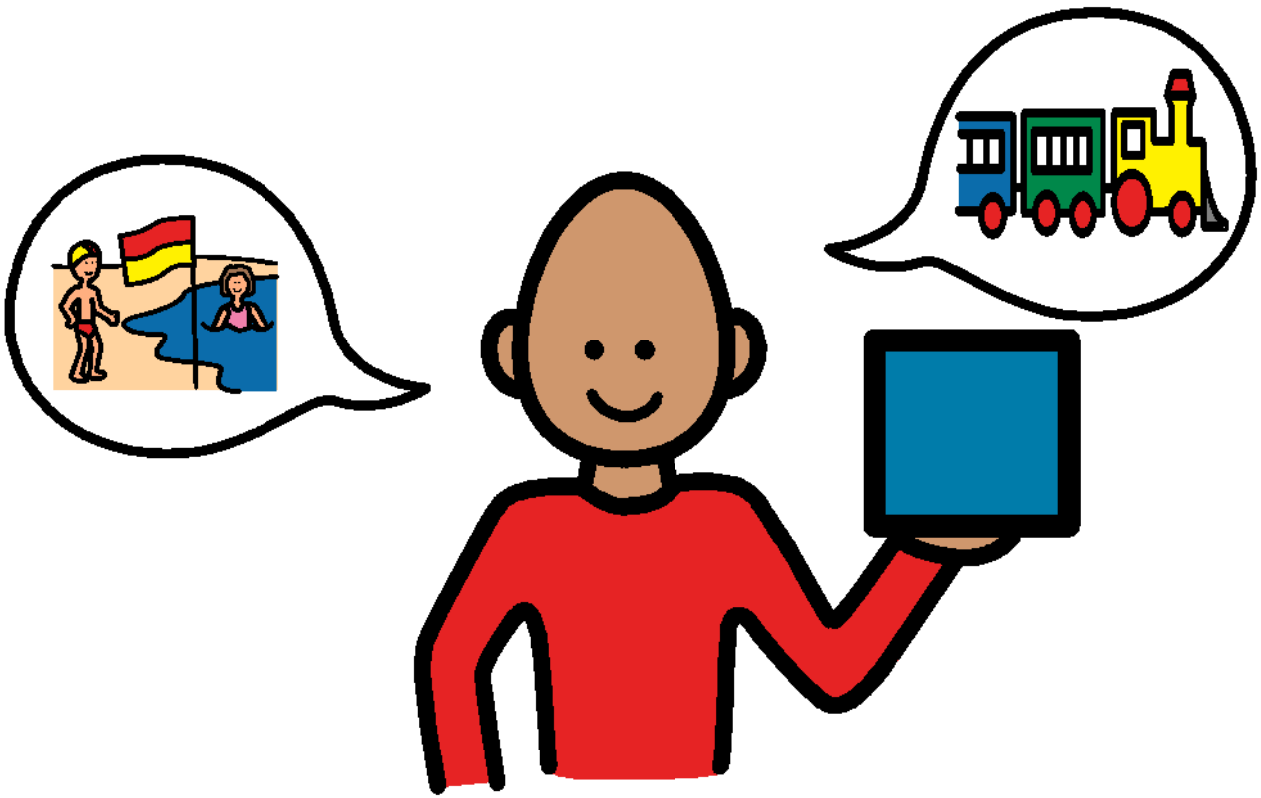
Sometimes I need to talk in front of my class.



I might talk to my class at school or somewhere else.



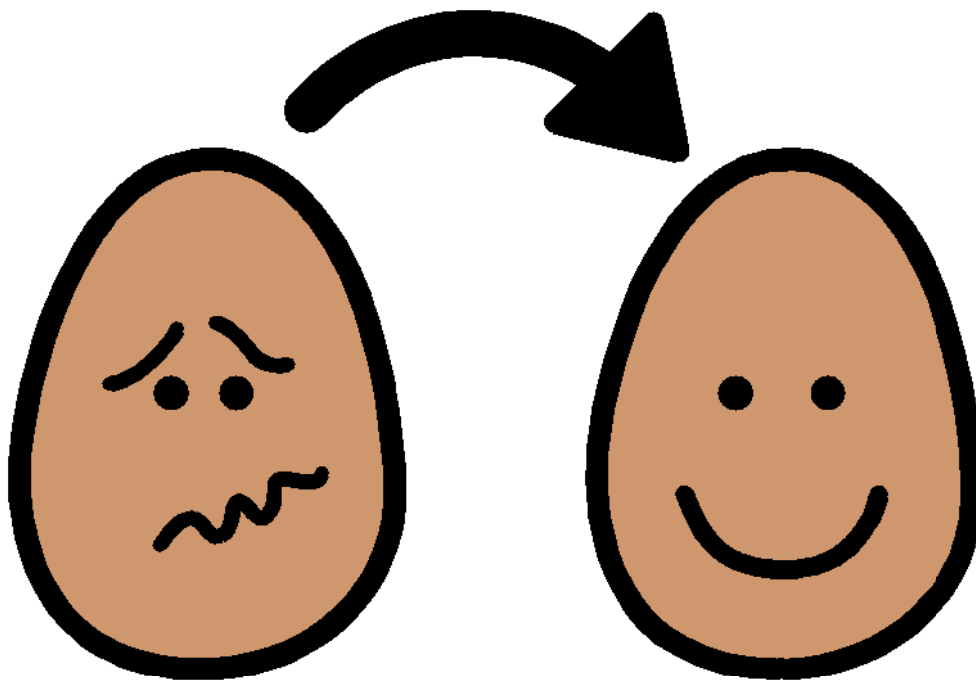
Sometimes when I talk to the class, I feel worried.



When I talk to my class, I could tell them about a special toy, or what I did on holidays, or something else.

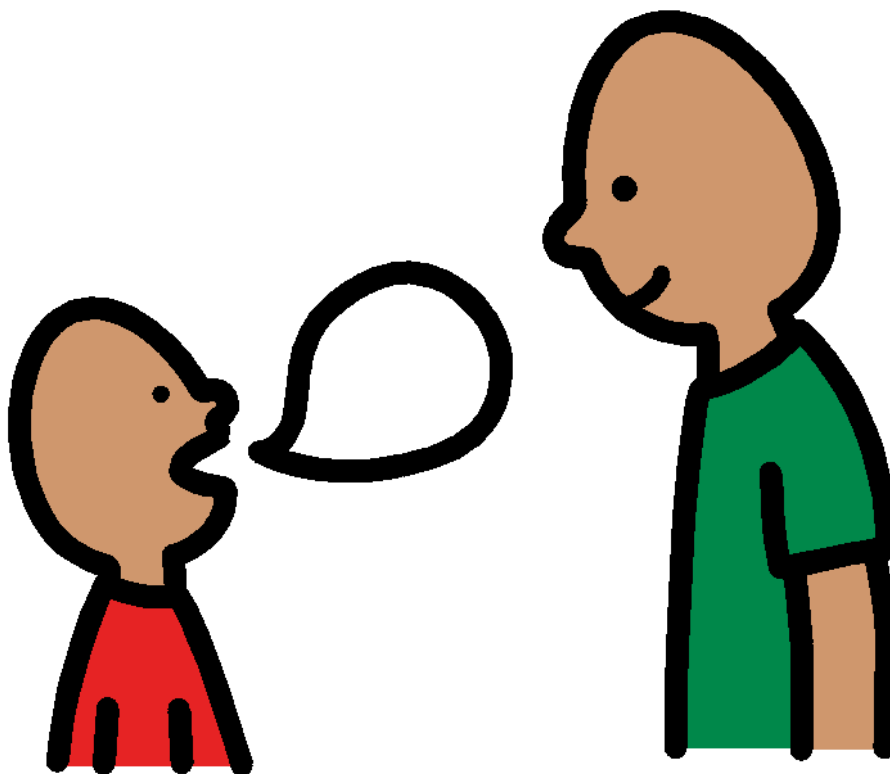


When I feel worried my heart beats fast and my tummy feels squirmy.



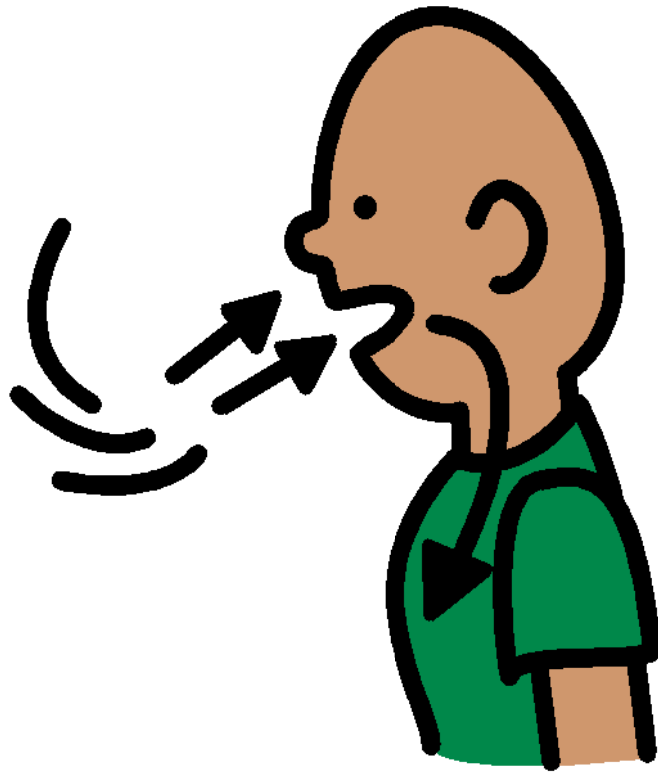
When I feel worried there are things I can do to make myself feel better.

9



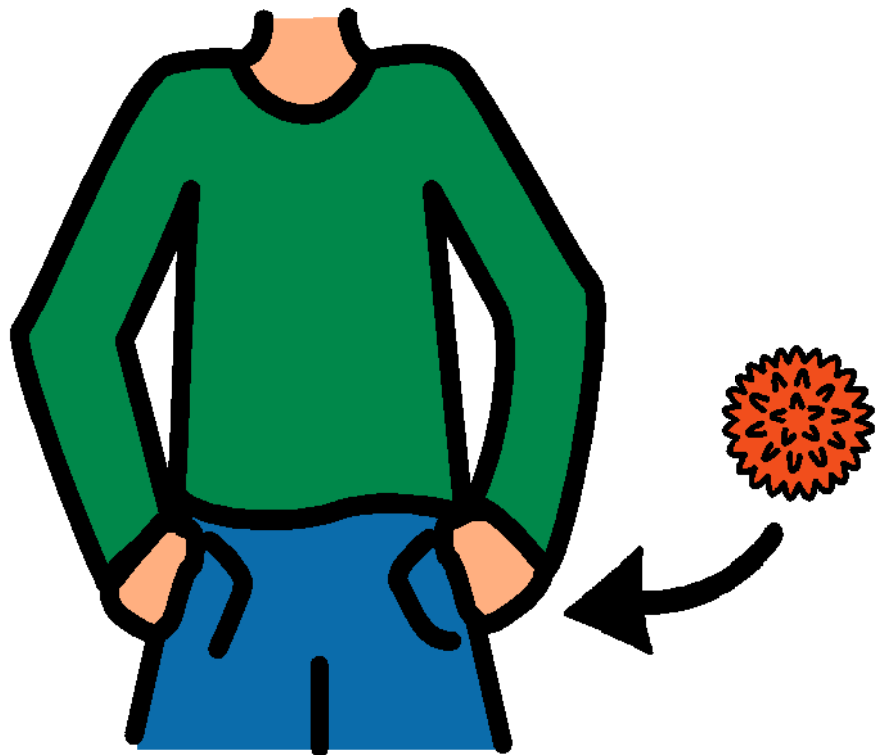
I can ask for help.

11



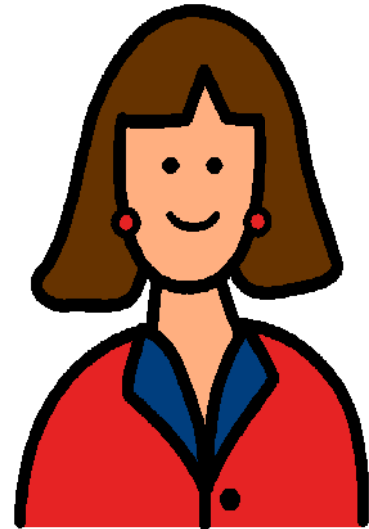
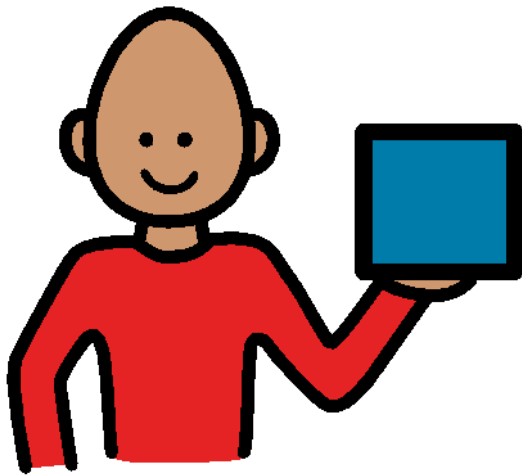
I can take some deep breathes.

10

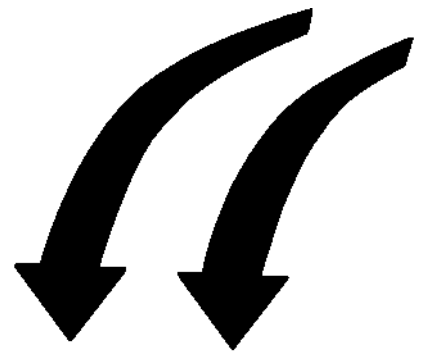
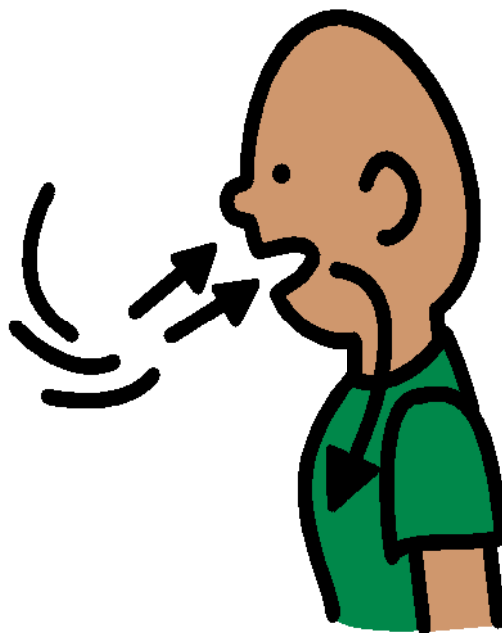


I can have a special fiddle toy in my pocket to hold.

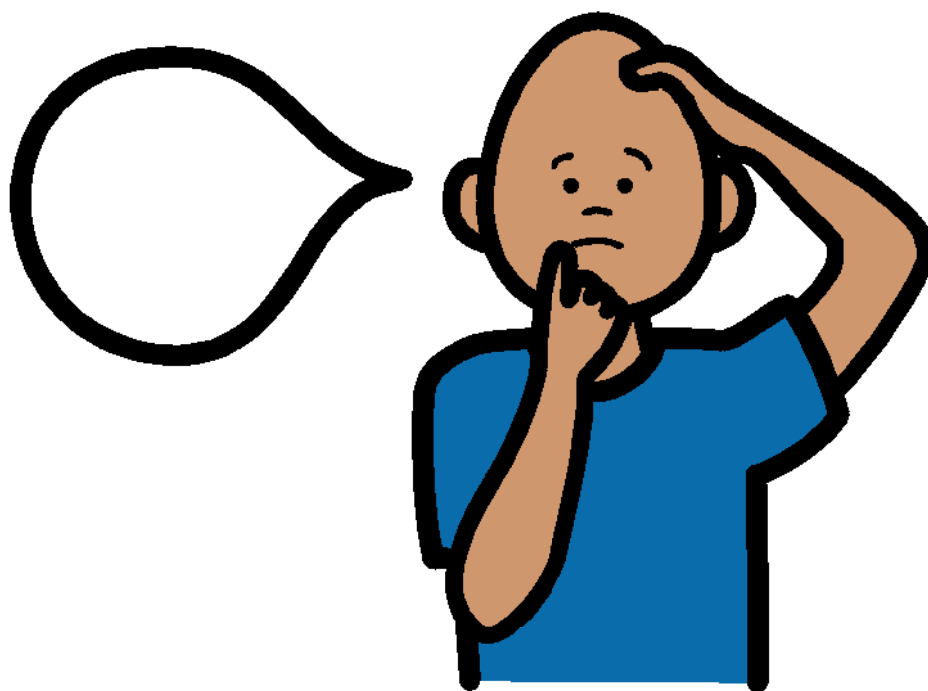
12



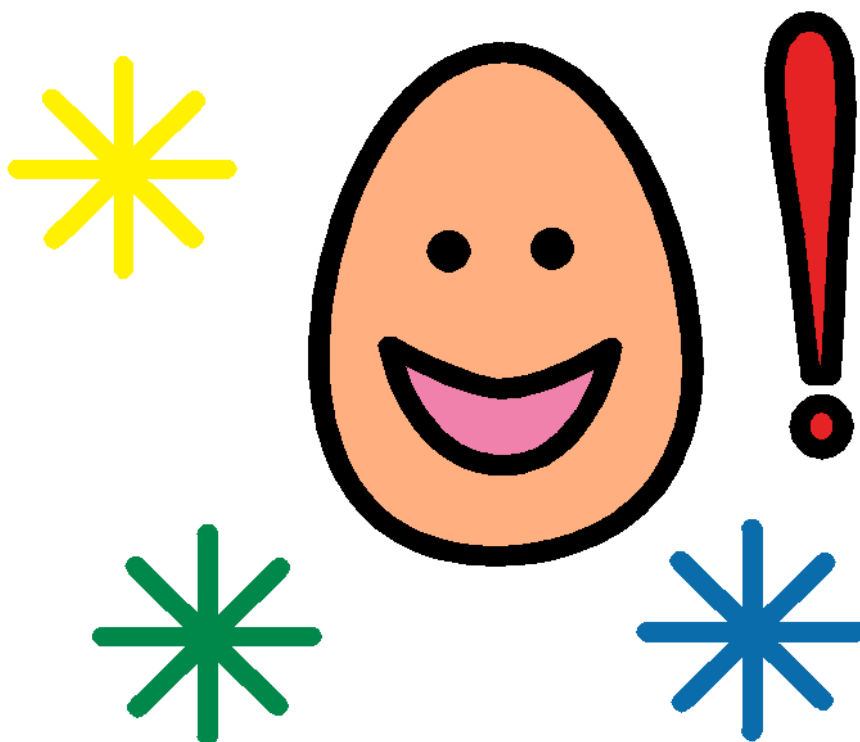
I can practice what I want to say at home with Mum.



If I forget what to say, I can say 'oops', take a deep breath and try again.



Sometimes when I talk to my class, I forget what to say. This is ok.



When I talk in front of my class, Mum and Dad say "Great job!" I feel happy and proud.