

# Break it down!



[www.FASD.me](http://www.FASD.me)



## School

© National Organisation for FASD 2021



## Home

© National Organisation for FASD 2021



## Shopping

© National Organisation for FASD 2021



## In the car

© National Organisation for FASD 2021



## At the park

© National Organisation for FASD 2021



## Playing sport/ at a club

© National Organisation for FASD 2021



## In a crowd

© National Organisation for FASD 2021



## In my bedroom

© National Organisation for FASD 2021



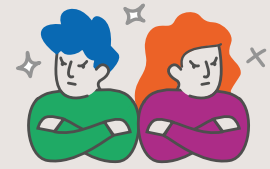
**I shouted and swore**

© National Organisation for FASD 2021



**I got very angry**

© National Organisation for FASD 2021



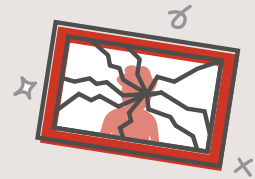
**I had a fight**

© National Organisation for FASD 2021



**Got into trouble**

© National Organisation for FASD 2021



**Broke something**

© National Organisation for FASD 2021



**Someone praised me**

© National Organisation for FASD 2021



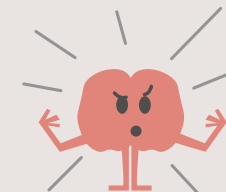
**I did really well**

© National Organisation for FASD 2021



**I couldn't talk to anyone**

© National Organisation for FASD 2021



**My brain couldn't handle it**

© National Organisation for FASD 2021



**What I heard**

© National Organisation for FASD 2021



**Too many people/things**

© National Organisation for FASD 2021



**Sensory**

© National Organisation for FASD 2021



**Relationships**

© National Organisation for FASD 2021



**I didn't understand**

© National Organisation for FASD 2021



**I remembered what to do**

© National Organisation for FASD 2021



**Stayed calm**

© National Organisation for FASD 2021



**Sad**

© National Organisation for FASD 2021



**Angry**

© National Organisation for FASD 2021



**Scared/frightened**

© National Organisation for FASD 2021



**Happy**

© National Organisation for FASD 2021



**Proud**

© National Organisation for FASD 2021



**Ran away**

© National Organisation for FASD 2021



**Hid**

© National Organisation for FASD 2021



**Cried**

© National Organisation for FASD 2021



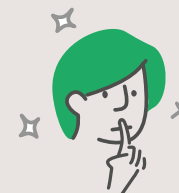
**Froze**

© National Organisation for FASD 2021



**Cuddling in my blanket**

© National Organisation for FASD 2021



**Being left alone**

© National Organisation for FASD 2021



**Tight hugs,  
quiet space**

© National Organisation for FASD 2021



**People speaking  
slowly and calmly**

© National Organisation for FASD 2021



**Music**

© National Organisation for FASD 2021



**Fiddling helps  
me feel calm**

© National Organisation for FASD 2021



**Deep breathing**

© National Organisation for FASD 2021



**Find one thing  
& crossing midline**

© National Organisation for FASD 2021



**I am a good person**

© National Organisation for FASD 2021



**I can explain what I  
need to people**

© National Organisation for FASD 2021



**I can use coping  
strategies**

© National Organisation for FASD 2021

**Break it  
down!**

**I can 'break it down'  
and learn**

© National Organisation for FASD 2021



**I can admit when I  
make a mistake**

© National Organisation for FASD 2021



**I am learning to  
understand my brain  
and FASD**

© National Organisation for FASD 2021



**I try hard**

© National Organisation for FASD 2021



**I am willing to  
try again**

© National Organisation for FASD 2021



**I'm not sure**

© National Organisation for FASD 2021