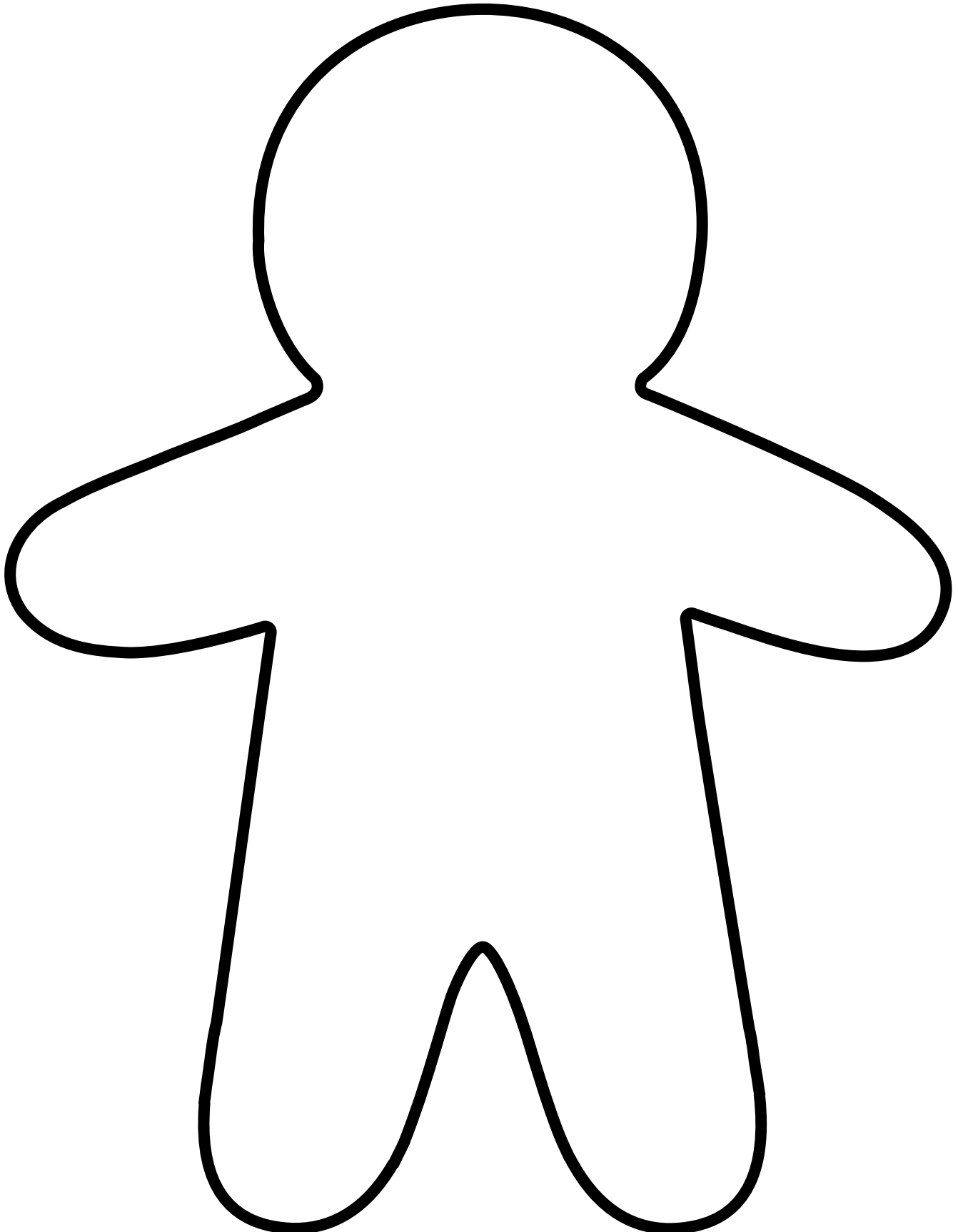


MY INSIDE-OUTSIDE MAP

Sometimes people see one thing on the outside, while something different is happening on the inside. Draw or write in the picture below:
INSIDE THE BODY - things I feel, think or worry about but do not always show
OUTSIDE THE BODY - things other people can see or notice about me



MY INSIDE-OUTSIDE MAP

Sometimes people see one thing on the outside, while something different is happening on the inside. Draw or write in the picture below:
INSIDE THE BODY - things I feel, think or worry about but do not always show
OUTSIDE THE BODY - things other people can see or notice about me

I go quiet

I feel scared when people shout

I fold my arms and look away

I miss my mum but don't say it

I get worried that something bad will happen

I say I am fine

I feel angry but I try to keep it in

I laugh or make jokes

I think people don't like me

I walk off or hide

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