CHAPTER 3

Willforce wisdom

TIME TO REFLECT AND RELAX!

PAUSE

It's time to reflect and look at all the amazing stuff you have done.



Yes, some days/minutes/hours will still be tricky, but it's important to know what to do when that happens and have something called a 'coping strategy'.

Do you know what that means? It's basically a plan so you know what to do when you're finding something hard. If we try to plan for situations that we know might be tricky before they happen, they are SO much easier to deal with. You can talk to your grown-ups about this.



Let's take it step by step. First, and very importantly, we need to think about the best ways to relax. If you are anything like me (and many dyslexic people), you can feel tired and overworked at the end of the school day. Maybe you've been working really hard all day and are feeling frustrated or worried about something. Maybe you're annoyed about something somebody has said to you, or you feel rushed or pushed. If you are learning lots of different things in one day, you might feel that your head is so full that you can't possibly have room for anything more. Do you ever feel like that? If you do, the best thing you can do is take some time to relax. It's important to take some time out just for you. I know how hard you are working and I'm proud of every step you take.

Have you ever left the tap running when you are filling a bath? Imagine your brain is the bath and the water flowing from the taps is all the things you are learning, coping with and doing in one day? If you don't pause the tap or take the plug out for a while, then the water will overrun and cause a big mess.

What do you have to cope with every day that might – sometimes – be frustrating, tiring or difficult for you? Can you write or draw them in Mr D's hat splats? If you need some hints, I have put some ideas down below for you.


Instructions
Reading
Rules
Too many questions
Tests
Friends
Running out of time

