

How am I feeling?

I can feel a damp patch in my pants

My tummy is squeezing

I feel a bit itchy or my skin feels odd

My tummy feels spiky

My tummy feels full but not stretched

I don't need the toilet or there isn't a pain in my tummy

My skin isn't itchy, hot or cold

What strategy will help me?

I can go to the toilet wash my face and get changed

I can try to go for a wee

I can eat a snack or two

I can put on or take off my jumper

I can use the toilet

I can eat a snack

I am comfortable