

# WHEN I COME HOME FROM SCHOOL, PLEASE KNOW THIS

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

## I HAVE BEEN HOLDING IT TOGETHER ALL DAY



I have worked hard to behave and do what was expected



I have looked calm while feeling anxious inside



I have tried to understand what people meant all day



I have smiled even when I felt overwhelmed



I have hidden how I felt so I did not stand out



I have kept my body still when it wanted to move



I have stayed quiet even when things felt too much



I have ignored noise, lights, and busy spaces that upset me



I have followed rules so that no one would be annoyed with me



I have copied others so I could fit in



By the time I get home, I am exhausted. If I have a meltdown, shut down, or cry, it is not bad behaviour. It is my body and brain needing rest and safety.



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