

Fill your jar with words, pictures or symbols to show what you want others to know.
You can use it at home, at school, or share it with a trusted grown-up.

This activity could also be used alongside the My Ideal School Helpful Strategy Deck or Ideal School Card Deck

My Jar of Words

Examples might include:

- I need help
- I feel worried
- I need a break
- Please be patient with me
- I know the answer but I'm not ready to say it yet
- I can answer in my own way (writing, drawing or nodding)

Add your own words, pictures or symbols below: