



If I Run Off

- Running off is when I run away from the adult looking after me.
- Sometimes when I feel angry or annoyed I may feel like I want to run off. Feeling like this is OK. Running off is not OK.
- If I run off I can make my family and other adults worried and anxious about me. They may also get cross with me.
- If I run off I might get lost and I might not be safe.
- It is OK to feel angry or upset sometimes. It is OK to tell people that I am angry or upset. It is not OK for me to run off.

