**INHIBITION STORIES**

**The story of Nora No**

Simon Struggle loved having shiny things. He was like a magpie. Whenever he saw something he liked he would just take it and add it to his collection.

One day Simon saw Ned making a picture. Ned added some shiny sequins to his creation. Simon wanted them. All of them.

Simon stretched out his hand towards Ned’s picture when… down swung Nora No!

Nora said

**“Stop! Think. Are you making a good choice?”**

Nora asked Simon “Who do they belong to? Who is using them?” Simon realised that taking them off of Ned’s picture was the wrong thing to do. He stopped, thought and decided to...

**The story of Charlie Choice**

Sally Struggle was playing in the mud kitchen. She was making a lovely muddy soup. Her friend Fred had the same idea and he tipped all of the water into his saucepan. There was none left for Sally. Sally began to feel hot. She felt her hands tighten up into balls and her face scrunched up into her angry look. Her feelings grew and grew and grew until she thought she might burst, when… down swung Charlie Choice! Charlie said

**“Stop. Think! You have a choice! There is another way”**

Charlie said “I can see that you are feeling like you could burst. You have a choice. You could burst or you can think of another way. Go to the tap. Ask Ned to go to the tap. Change the recipe…”

**The Story of Freddie Focus**

Simon Struggle was about to write the best story he had ever written in his whole life. It was full of magic and mayhem. It was a lovely sunny day. The windows were open and outside Simon could hear some children playing. It sounded fun. He wondered if he could listen and join their game. He put down his pen and started to peer out of the window, when… down swung Freddie Focus! Freddie said

**“Stop! Think! You have a choice! Focus your mind”**

Freddie said “You can get distracted. You can listen to them or you can focus your mind on the main thing. Your story!”

**The Story of Dani Driver**

Dani Driver was driving along when he saw Sally Struggle. Sally was looking hot and bothered. Her face was red and her hands were scrunched. Sally was stood at the edge of the playground. She was glaring at the children on the bikes. She did not have one but her brother Simon did. It was not fair. She wanted a go on one. She wanted a go on one now! As Simon cycled past Sally pulled out her arm, ready to push him off of his bike, when… in zoomed Dani Driver and said

**“Stop. Think! You can make a better choice!”**