











What I Feel:

What I can do:

	5	I'm VERY angry. I want to throw things. I want to yell or scream or hit people.	STOP! Ask for a break NOW! I CAN : take 5 deep breaths, count to 100, watch the timer. I CANNOT : throw things, yell at my family members or friends, hit anyone.
	4	I'm upset or frustrated. I may yell or name call.	Stop. Ask my parent or caregiver for a break. Take 5 deep breaths.
	3	I'm getting upset. I feel like people aren't listening to me.	Use nice words and tell my parent or caregiver what's wrong. Ask to work by myself for a while. I might need to take a break.
	2	I'm a little frustrated. I may have a problem with something.	Remember to stay calm and problem solve (how can I fix this?). Ask my parent or caregiver for help.
	1	I'm feeling good. I want to keep going!	Remember to stay calm and use nice words.

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