

HOW DO YOU FEEL?

How do you feel?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Breathe deep breaths
- Ask to take a break and go for a walk
- Drink some ice cold water



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

- Use your calming kit
- Use your words: I'm angry or I'm frustrated!
- Ask to get up and move, brain breaks help



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Try focusing on what you can see, feel, touch, and hear
- Say "I'm going to be OK"
- Use a calming kit toy



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Think of your favorite things that make you feel happy
- Take 2-3 deep breaths
- Tell a teacher how you're feeling



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Notice what makes you happy
- Help a classmate
- Enjoy the feeling!