**This is what I am feeling when Angry or Ticked OFF!**

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| 1**I AM REALLY MAD!** | **WHAT CAN I DO?**1. **I CAN ASK PEOPLE FOR A 5 MINUTE BREAK**
2. **I CAN TAKE SOME DEEP BREATHS**
3. **I CAN WORK ON SOMETHING EASY TO DO AND TAKES MY MIND OFF OF MY ANGER**
4. **I WILL TALK TO MY TEACHER, PARENT WHEN I AM READY**
 |
| **I AM PRETTY MAD**2 | **WHAT CAN I DO?**1. **I CAN ASK PEOPLE FOR A 4 MINUTE BREAK**
2. **I CAN TAKE SOME DEEP BREATHS**
3. **I CAN MOVE TO A QUIET PLACE TO COOL OFF**
4. **I WILL TALK TO MY TEACHER, PARENT WHEN I AM READY**
 |
| **I AM FEELING UPSET**3 | **WHAT CAN I DO?**1. **I CAN ASK PEOPLE FOR A 2-3 MINUTE BREAK**
2. **I CAN TAKE SOME DEEP BREATHS**
3. **I TAKE A BREAK FROM MY TASK FOR 1 MINUTE AFTER ALL, THE SHOW MUST GO ON!**
4. **I AM READY TO GET BACK TO BUSINESS WITH MY TEACHER, PARENT, AND MY CLASSMATES NOW**
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| **I feel weird. Something is different, right now.**4 | **WHAT CAN I DO?**1. **I CAN DOUBLE CHECK MY SCHEDULE**
2. **I CAN TAKE SOME DEEP BREATHS**
3. **I CAN TALK TO MY TEACHER, OR FRIEND FOR ASSURANCE**
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| 5 | **LIFE IS GOOD. I AM WORKING AND PLAYING HARD!!! ☺** |