**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** |
| **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** |
| 5 | **LIFE IS GOOD. I AM WORKING AND PLAYING HARD!!! ☺** |