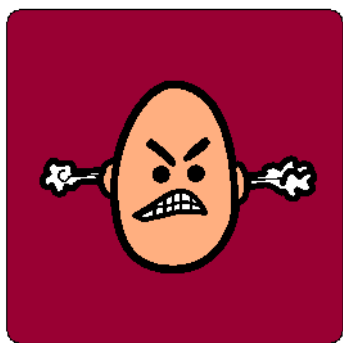


## Feels Like or Looks Like

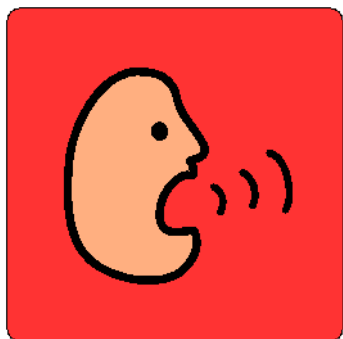
## Good Choices



I feel so angry I have trouble thinking

Kicking over furniture  
Hitting  
Kicking  
Pushing  
Hair pulling

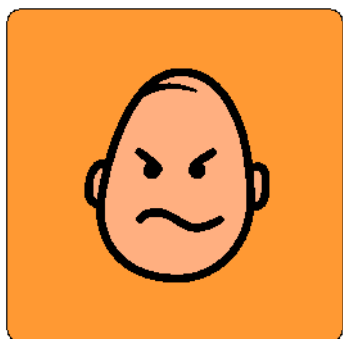
Keep hands and feet to myself  
Go to calming place  
Take deep breaths



I feel really angry

Yelling  
Swearing  
Running away

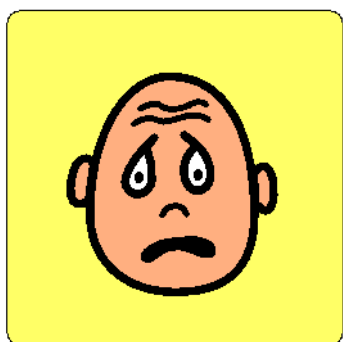
Take a deep breath  
Go to calming place  
Seek out an adult for help



I feel angry

Whiny  
Crying  
Saying "No"  
Throwing things  
Ripping up papers

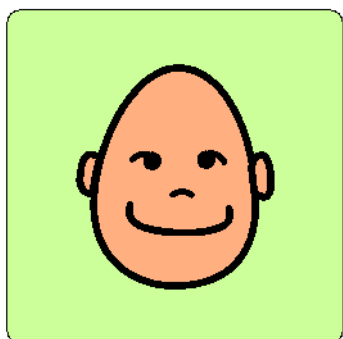
Take a deep breath  
Count  
Take a break  
Seek out an adult for help



I feel a bit worried inside my head

Make sounds  
Run around the room  
Don't want to do my classroom job

Use a fidget  
Have a drink  
Put on the headphone  
Count  
Take a break



I feel okay

Listening  
Doing my classroom jobs  
Being friendly to my classmates and the adults

