

How I am Feeling....

	<i>Looks like</i>	<i>Feels like</i>	<i>To calm down</i>
5	Yelling, kicking, hitting	Angry	<ul style="list-style-type: none">• Listen to music (5 min)
4	Hiding under the desk	Tense, angry	<ul style="list-style-type: none">• Rocking chair (5 min)• Take a walk outside of the room
3	Head down on desk	Worried, anxious	<ul style="list-style-type: none">• Walk around the classroom (2 min)• Take some deep breaths
2	Working, doing my best, I am ok	Worried, a little anxious	
1	At home		