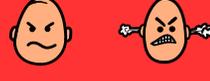


Name: _____

Date: _____

Taking Charge of My Feelings and Behaviors

| | | | | | |
|---|---|---|---|--|---|
| <p>Taking Charge:</p> <p>I am checking how I feel right now.</p>  |  <p>Feel really good- I feel excited!</p> <input type="checkbox"/> |  <p>Feel good - I am calm and satisfied</p> <input type="checkbox"/> |  <p>Feel different - I feel like something is changing around me</p> <input type="checkbox"/> |  <p>Feel bad: My muscles are getting tighter</p> <input type="checkbox"/> |  <p>Feel really bad: My heart is beating fast and muscles are getting tighter</p> <input type="checkbox"/> |
| <p>Do I need to do something to help me feel O.K. or be safe?</p> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| <p>How do I feel now?</p> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

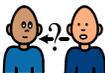
What will make me feel better or safer?



write down my thoughts



ask for a _____



give teacher my, "I need a break" card



ask for help



sit and count to 20



think about a safe place



think about my strengths (what I do well)



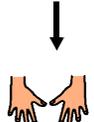
wait



help a friend



put my hands down



draw a picture



Squeeze my hands



breathe in and out slowly



stretch my body



squeeze or press down on something

