## Taking Charge of My Feelings and Behaviors

### Taking Charge:
I am checking how I feel right now.

- **Feel really good** - I feel excited!
- **Feel good** - I am calm and satisfied
- **Feel different** - I feel like something is changing around me
- **Feel bad** - My muscles are getting tighter
- **Feel really bad** - My heart is beating fast and muscles are getting tighter

### Do I need to do something to help me feel O.K. or be safe?
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### How do I feel now?

### What will make me feel better or safer?
- write down my thoughts
- ask for help
- give teacher my, "I need a break" card
- sit and count to 20
- think about a safe place
- think about my strengths (what I do well)
- put my hands down
- draw a picture
- squeeze my hands
- breathe in and out slowly
- stretch my body
- wait
- help a friend
- squeeze or press down on something