

Feelings Chart

	How I feel	What I can do
5	<p>I'm about to explode!</p> 	<p>I'm not listening anymore. I could hit, kick or bite. I need a quiet place to calm down.</p>
4	<p>I'm really upset!</p> 	<p>Everything is too hard. I'm losing control. Give me space</p>
3	<p>I've got a problem!</p> 	<p>I'm not getting it. I'm showing signs of stress. I should take a break now.</p>
2	<p>Things are pretty good!</p> 	<p>Trying to stay focused. Use calming strategies now.</p>
1	<p>Feeling great!</p> 	<p>Ready and willing to work.</p>