

	How I feel	What it Looks Like	What I Can Do or Tell Myself	What Others Can Do To Help Me
1	normal	Me Relaxed face Calm and quiet	Relax Smile Enjoy the moment Enjoy learning! I can tell myself, "this feels good"	Help me find times at home and school when I feel this way.
2	stressed	Extra quiet Stomach pain Shoulders up	<ul style="list-style-type: none"> • Ask for focus muffs • Drink of water, fruit or veggie snack • Try a different chair or spot to sit • Weighted blanket • Movement break • Quiet bag • Drawing • Triangle breathing, square breathing • Acknowledge the stress, "oh hi, stress. I guess you want me to know that I am not feeling very comfortable, but I can do stuff to make myself feel better." • Ask myself...What can I do to help myself feel calm? 	Help prompt me to use strategies to redirect and calm myself.
3	awful- freaking out	Big eyes Crying Leaving class	<ul style="list-style-type: none"> • Activity to distract myself- beading, knitting • Ask an adult for help- can they help me make a plan to solve the problem? Is there something that I can do to distract my thoughts? • Go to the spot that we have agreed upon 	