



**Exploding**

1. I will immediately ask a teacher to cool down in a different space or take a walk

**Boiling**

Angry

1. I will use my self-talk strategies:
  - "it's no biggie"
  - "problems are made to be solved"

Upset

2. I will go to the cool down area
3. In the cool down area, I can:

Frustrated

- take deep breaths
- count to 10
- look at calming books

Irritated

4. I will stay in the cool down area until I am calm and then I can return to the activity by myself

Nervous



engine revving



calm engine

**COOL**

**I KNOW I AM DOING A GOOD JOB!**

**CALM**

- I am doing my work
- I am using whole body listening with my teachers and peers
- I am using a quiet voice
- I am cooperating with peers
- I am using expected school behaviors

**RELAXED**



Sleepy

1. Ask to go to the bathroom
2. Ask to get a drink of water from the drinking fountain
3. Do brain exercises

Tired

Sick



engine off

Blah