

	Feelings	Good choices
5	 <p>FURIOUS Brain shut down, out of control, lashing out</p>	<p>Time out Walk to locker Have a drink Look at photos in locker After 15 minutes Ms Baker will look for me and ask if she can help</p>
4	 <p>ANGRY Thoughts jumbled, fists clenched, growling</p>	<p>Time out Walk to locker Have a drink Look at photos in locker After 10 minutes Ms Baker will look for me and ask if she can help</p>
3	 <p>ANGER BUILDING Thoughts jumbled, shaking, world beginning to get loud</p>	<p>Feel soft fabric in pocket Look at happy book Take deep breaths Take 5 minutes time out</p>
2	 <p>EDGY Nail biting, uncomfortable, fidgety</p>	<p>Feel soft fabric in pocket Feel happy book in pocket Take deep breaths Ask for help if stuck on work</p>
1	 <p>CALM Brain engaged and in control</p>	