

When I am angry

Sometimes, I feel angry.







If I don't do something to calm down it can be much harder to be calm again.



I can look at the 5-point scale and say what I am feeling as a number or colour.

CHECK IN

5		
4		
3		
2		
1		

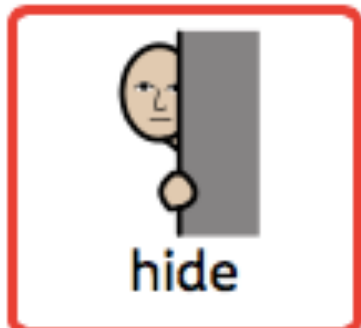
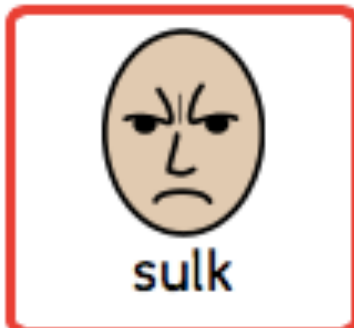
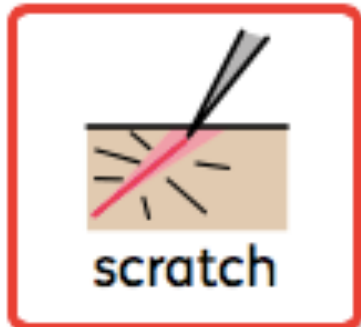
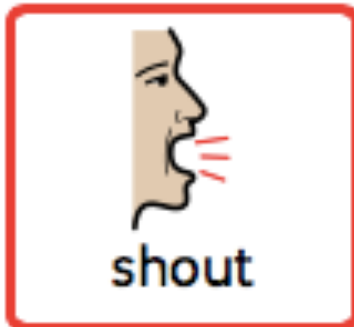
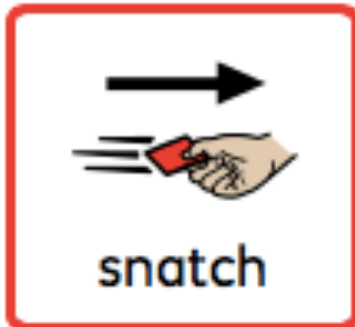
If I am at 2, 3 or 4 I can use a calming strategy to help me.

It is better if I notice my feelings and can use a strategy early, at 2, 3 or 4 - before I reach 5 and lose control.



I can move my picture, or a sticky dot, on the feelings check-in to keep track of how I am feeling at school and at home.

Because it is not ok to do these things:



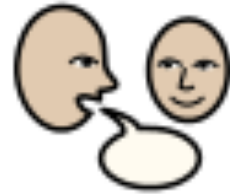
I need to have strategies like these, to help me stay calm, in control, and awesome!



Sip a drink



ask for a
break



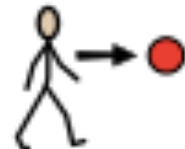
Tell an adult



take a few
deep breaths

10

count to 10



move to
another place



read a book



ask to do a
helpful job



stay calm



stay safe



ask for help



try a new
strategy

I could also:

Move to a quiet spot at home or in the classroom.

Play with fiddle toys and manipulatives to use up my extra energy.

Hug myself.

Use some of the strategies in the 'Label that Feeling' book.

I cannot help how I am feeling, but I can get better at calming down before I lose control.

I can practise asking for help and asking for what I need.

The adults want to help me and keep me safe. They will be happy that I can use my words to say how I am feeling.

They will be happy that I know how to calm myself down and can ask for what I need.

Everyone will be happy when I can use strategies to help me stay calm!