

How I feel:	What it looks like:	What to do:
<p data-bbox="370 317 423 394">5</p> <p data-bbox="233 422 561 489">Absolutely angry, exploding from anger, aggressive.</p>		<p data-bbox="1036 369 1414 470">I need to be alone and safe. Got to my room to calm down – take deep breaths.</p>
<p data-bbox="370 642 423 720">4</p> <p data-bbox="224 743 574 810">Sad, starting to get angry, not doing well</p>		<p data-bbox="1044 617 1406 718">I need to take a break. Play on tablet, talk to mom, take deep breaths, and big hugs.</p> <p data-bbox="1065 758 1385 861">At school – sit on carpet or rocking chair and talk to teacher.</p>
<p data-bbox="375 947 418 1024">3</p> <p data-bbox="233 1045 561 1077">Straight face, feeling “meh”</p>		<p data-bbox="1044 993 1406 1094">I need to be distracted (tablet) from what I’m am and talk to my mom.</p>
<p data-bbox="375 1283 418 1360">2</p> <p data-bbox="204 1381 591 1449">Feeling “OK”. Not great, not sad, doing fine.</p>		<p data-bbox="1036 1329 1406 1396">Play some games on the tablet, talk with my mom.</p>
<p data-bbox="375 1591 418 1669">1</p> <p data-bbox="250 1692 542 1759">Happy, satisfied, smiling, giggling, “SpongeBob”</p>		<p data-bbox="1044 1640 1406 1707">Keep doing what you’re doing! It’s working 😊</p>

