

My Frustration Scale

	I feel like...	I look like...	I can try...
5		<ul style="list-style-type: none"> • Kicking • Hitting • Spitting • Throwing things 	<ul style="list-style-type: none"> • Follow "Cool Down" procedure • Take deep breaths
4		<ul style="list-style-type: none"> • Yelling • Grabbing • Stiff body • Leaving area • Keeping hands and feet to self 	<ul style="list-style-type: none"> • Take deep breaths • Sit in bean bag and "cool down"
3		<ul style="list-style-type: none"> • Stiff body • Not talking • Not following directions • Keeping hands and feet to self 	<ul style="list-style-type: none"> • Ask for a brain break or sensory break
2		<ul style="list-style-type: none"> • Shouting out • Hard to follow directions • Keeping hands and feet to self 	<ul style="list-style-type: none"> • Ask for a brain break or sensory break
1		<ul style="list-style-type: none"> • Following directions • Staying in area • Keeping hands and feet to self 	<ul style="list-style-type: none"> • Earn tokens • Earn breaks