

My Frustration Scale

	Looks Like	Feels Like	I Can Try to
<p>5 Angry</p>		<p>I want to hit I want to run away I want to yell I want to kick Throw things Using red words</p>	<p>I can go to cool down room! I can use cool down procedure I can take deep breaths</p>
<p>4 Frustrated</p>		<p>Rip up my paper Throw things "I hate you" "You don't love me"</p>	<p>I can take sensory break I can go to the cool down room I can squish a ball Talk about my feelings without saying red words I can take deep breaths</p>
<p>3 Sad</p>		<p>Feel Sick Hard to follow directions Crying Hard to focus Leaving Area</p>	<p>Take a short break Talk about feelings</p>
<p>2 Okay</p>		<p>Feeling sick Following Directions Keeping hands/feet to self Using green words</p>	<p>Take short break (put head down) Use green words Talk about feelings</p>
<p>1 Happy</p>		<p>Following directions Green words Staying in your area Hands and feet to self</p>	<p>Earn coins Earn breaks Go on walks</p>