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| LEVEL | | What Does It Look/Feel Like? | My Strategies |
| 5 | “Technical”  VERY Mad | Balled Fists  Red Eyes/Watery Eyes  Yelling  Throwing/Hitting  Say Things I Regret | 1. Go to Mrs. M’s **OR** Mr. Williams’ Room to Calm Down  2. Call Home with Mr. Williams |
| 4 | “Warning”  Really Mad | Balled Fists  Red Eyes/Watery Eyes  Say Things I Regret | Go to Recovery Room to Calm Down |
| 3 | Screen%20Shot%202016-04-07%20at%204.59.16%20PM.png  “Foul”  Frustrated | Quick Leg Shake  Talking Back  Hands are Busy | I move to my safe spot (or my teacher helps me) and do a maze or coloring sheet |
| 2 | “Blow Right – Pass Left”  Irritated | Leg Shake  Sigh  Head Down | I move myself to my safe spot |
| 1 | “Dribbling”  Happy/Calm | Joking Around  Smiling  Laughing | I am in class learning and doing my job |