

**Calm**

**Engine**

**Engine Off**

**Slow Engine**

**Engine**

**Revving**

**Fast Engine**

**Hyper**

1. **Ask to go to the bathroom**
2. **Ask to go to the nurse**
3. **Ask to get a drink of water from the drinking fountain**
4. **Do brain exercises**

**I KNOW I AM DOING A GOOD JOB!**

* **I am doing my work**
* **I am using whole body listening with my teachers and peers**
* **I am using a quiet voice**
* **I am cooperating with peers**
* **I am using expected school behaviors**
1. **I will use my self-talk strategies:**
* **“It’s no biggie”**
* **“Problems are made to be solved”**
1. **I will go to the cool down area**
2. **In the cool down area, I can:**
* **Take deep breaths**
* **Count to 10**
* **Look at calming books**
1. **I will stay in the cool down area until I am calm and then I can return to the activity by myself**
2. **I will immediately ask a teacher to cool down in a different space or take a walk**

**Tired**

**Sick**

**Blah**

**Cool**

**Calm**

**Relaxed**

**Frustrated**

**Irritated**

**Nervous**

**Angry**

**Upset**

**Exploding**

**Boiling**

**Sleepy**