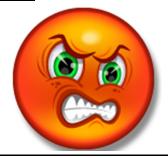


### I can't stand this and ready to explode.

I want to hit or kick someone, or throw something. I need help from an adult.

# **OUT OF CONTROL**



4

#### I am getting too angry.

My face feels hot. I need to go to my safe spot to calm down.

# **ANGRY**



3

## I am getting frustrated.

I will tell an adult. Take deep breaths.

# **FRUSTRATED**



2

## I am doing OK.

I am not happy. I can stay where I am and keep working. I can control myself.



**ANNOYED** 



#### I am doing great.

I feel good about myself and about what is going on around me.

# **HAPPY**