

	<p><u>I can't stand this and ready to explode.</u> I want to hit or kick someone, or throw something. I need help from an adult.</p> <p><b>OUT OF CONTROL</b></p>	
	<p><u>I am getting too angry.</u> My face feels hot. I need to go to my safe spot to calm down.</p> <p><b>ANGRY</b></p>	
	<p><u>I am getting frustrated.</u> I will tell an adult. Take deep breaths.</p> <p><b>FRUSTRATED</b></p>	
	<p><u>I am doing OK.</u> I am not happy. I can stay where I am and keep working. I can control myself.</p> <p><b>ANNOYED</b></p>	
	<p><u>I am doing great.</u> I feel good about myself and about what is going on around me.</p> <p><b>HAPPY</b></p>	