

# My Check In

How am I feeling?

What can I do?

		<p><b>Explode</b>—I feel angry and I am not sure how to calm down. I need an adult to help me.</p>	
		<p><b>Rumbling</b>—I feel like I am starting to lose control. I may need space and some support.</p>	
		<p><b>Bubbly</b>—I am feeling frustrated or something is worrying me. I may need a break to calm myself.</p>	
		<p><b>Ok</b>—I know something is not right but I know what I need to do.</p>	
		<p><b>Happy</b>—I feel good about myself and what is going on around me.</p>	