

My Check In



How am I feeling?

What can I do?

		<p>Explode—I feel angry and I am not sure how to calm down. I need an adult to help me.</p>	<p>I need to leave the classroom. I need to get to a safe place. I need some space - I will let you know when I am ready to talk.</p>
		<p>Rumbling—I feel like I am starting to lose control. I may need space and some support.</p>	<p>I can ask for a brain break. I can go to my safe place. I can move away from something that is upsetting me.</p>
		<p>Bubbly—I am feeling frustrated or something is worrying me. I may need a break to calm myself.</p>	<p>I can let me teacher know how I am feeling. I can get something from my sensory box. I can write or draw the problem.</p>
		<p>Ok—I know something is not right but I know what I need to do.</p>	<p>I can think about something that makes me happy. I can take deep breaths. I can go and have a drink.</p>
		<p>Happy—I feel good about myself and what is going on around me.</p>	<p>I can carry on having fun.</p>