When I am at 1, I’m completely calm and ready to do my work.

To stay on a 1, I can:

--Tell my teacher when something is hard or when I am starting to get frustrated
--Ask for a break if I need to collect myself
--Focus on earning all of my point so I can get my reward at the end of the day
2

When I am at 2, I’m almost calm, but I may need a minute to relax.

To help me get back down to a 1, I can:
--Check my schedule to prepare for what’s next
--Look at my break choices to help me get excited about getting back to work
--Set a timer for 2 minutes so I know when it’s time to get back to work.
When I am at 3, I might be a little bit upset. It’s important I keep calming myself down until I am at a 2 or a 1.

To help me calm down and get to a 2 or 1, I can:

--Talk about what’s bothering me
--Think about happy things like my favorite toy or my favorite food
--Go on a walk with an adult
When I am at 4, it’s important that I keep control so I don’t back to a 5.

To help me get back to a 3, 2, or 1 I can:

--Find a quiet seat in the room

--close my eyes and count to 10

--rub my leg with my hands
When I am at 5, it’s important that I try to gain control and get back to a 4.

To help me get back to a 4, I can:

--Squeeze my hand together really hard

--Take 3 deep, slow breaths

--Find a place where I can calm down like the “Chill Zone”