

When I am upset...



What does my teacher expect me to do when I am upset?



or



or



or



Tell my teacher in a quiet voice why I am upset.

Ask my teacher in a quiet voice if I can take a break.

Take a deep breath and try again.

Count to 10 in my head and try again.

How will it make my teachers feel?

happy



proud



respected



What will happen when I do these expected behaviors?



or



or



or



My teacher will help me.

I might get a short break and then get back to work.

I will get to stay with my class.

I will get my work done.

How will this make me feel?

calm



happy



ready



proud



When I am upset...



What does my teacher NOT expect me to do when I am upset?



Scream

or



Cry

or



Lay on the ground

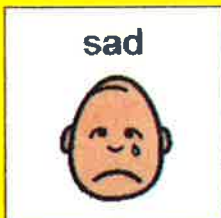
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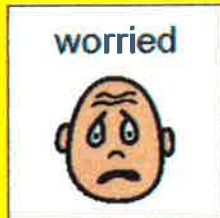
Throw things

How will it make my teachers feel?

sad



worried



frustrated



disappointed

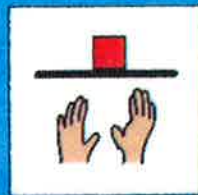


What will happen when I do these unexpected behaviors?



Leave my friends so I can get calm.

or



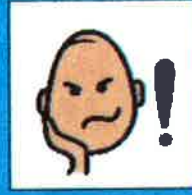
Not get what I want.

or



Might scare my friends.

or



My friends might be annoyed because they are trying to work.

How will this make me feel?

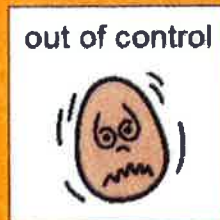
frustrated



worried



out of control



not ready

