WHEN I’M UPSET ...

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

1. **These are my triggers (the things that sometimes set me off):**
	1. Tired h. Work is too hard
	2. Sick i. Being told no or not getting what I want
	3. Hungry/thirsty j. Trouble on bus
	4. Bored k. Trouble at lunch/recess
	5. Worried l. Trouble with classmates
	6. Too loud m. Trouble at home
	7. Too hot/cold n. Unexpected changes

 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Here’s how you can tell when I’m upset:**
	1. Red face e. Fidgeting
	2. Mad/sad/scared face f. Not doing my work
	3. Head down g. Yelling
	4. Hands in fists h. Saying bad/mean words

 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Here’s what helps:**
	1. Listen to music i. Get a drink of water
	2. Read i. Get a hug / deep pressure
	3. Draw / doodle j. Put hands in cold water
	4. Sensory tool k. Rest with cold cloth on head
	5. Write in journal l. Get exercise / do heavy work
	6. Weighted vest/blanket m. Give me space
	7. Walk n. Talk to staff
	8. Breathing exercises o. Call family member

 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Here’s someone at school who’s been helpful:**
2. **Here’s what is NOT helpful:**
	1. Being touched e. Giving me a count down
	2. Being left alone f. Being told my consequences
	3. Too much talking g. Having no choices
	4. Yelling h. People in uniform

 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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