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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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