






What does it feel like

What does it look like

 <p>5</p>	<p>Out of Control</p> <p>Feels like you're a creeper and you're going to explode</p>	<ul style="list-style-type: none">* Screaming* Yelling* Crying* Throwing Things* Kicking Things* Breaking Things* Hitting Things
 <p>4</p>	<p>Starting to Loose It</p> <p>Getting angry like a Zombie</p>	<ul style="list-style-type: none">* Head feels like it's overheating* Start to say mean or hurtful things* Call people names* Take things away from people* Kicking Furniture* Little Kid Brain tells you to do things that will get you in trouble
 <p>3</p>	<p>Anxious/Worried/Excited</p> <p>Feels like an Enderman and you want to get away or jump right out of your skin</p>	<p><u>Anxious/Worried</u></p> <ul style="list-style-type: none">* Don't want to talk about it* A little scared* Tummy starts to hurt* Upset about something* Repeating Words <p><u>Over Excited</u></p> <ul style="list-style-type: none">* Jumping up and Down* Flapping hands* Pulling on Things or People* Repeating Words* Can't stay in seat
 <p>2</p>	<p>I Think I Can Handle It</p> <p>Fells like Steve who has to work hard to survive</p>	<p><u>Might be hard for me but</u></p> <ul style="list-style-type: none">* I will try to do it* I will Cooperate* I will listen* When I'm done it will make me feel good about myself for working so hard
 <p>1</p>	<p>Just Right</p> <p>Like Notch</p>	<ul style="list-style-type: none">* Happy* Calm* Peaceful* Nothing bothers you* Interested in something