

My Emotional Meter

All feelings are okay.
Not all behaviors are okay.

I might feel: calm, happy, focused

My body looks: relaxed, listening

What I can do: ready to learn, follow directions



I might feel: silly, nervous, frustrated

My body looks: fidgety, loud, distracted

What I can do: use a strategy before it gets bigger



I might feel: angry, overwhelmed

My body looks: crying, yelling, unsafe behaviors

What I can do: I need calming tools



Strategies to Get Out of Red

Calm
Activity

Take
Deep
Breaths

Hug my
stuffed
animal

Use
Head-
phones

Movement
Break

Drink
or
Eat

Push
Wall

Learn
strategies
in ● Green,
use them in ● Red.

