

Student: _____ Date: _____ Time: _____ Staff Name: _____

What I did was:



hit/touch



yell



bite others



run



kick others



throw things



not following directions

How I felt:



angry/mad



sad



scared



frustrated



lazy

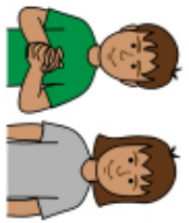


bored

What should I do next time?



ask for help



keep hands/feet to self



ask for break



stay in area



count and take deep breaths

Do you feel calm?



yes



no

Are you ready to go back to class?



yes



no