|  |  |  |
| --- | --- | --- |
| LEVEL | What Does It Look/Feel Like? | My Strategies |
| 5 | “Technical”VERY Mad  | Balled FistsRed Eyes/Watery EyesYelling Throwing/HittingSay Things I Regret | 1. Go to Mrs. M’s **OR** Mr. Williams’ Room to Calm Down 2. Call Home with Mr. Williams |
| 4 | “Warning”Really Mad  | Balled Fists Red Eyes/Watery EyesSay Things I Regret | Go to Recovery Room to Calm Down |
| 3 | Screen%20Shot%202016-04-07%20at%204.59.16%20PM.png“Foul”Frustrated | Quick Leg ShakeTalking BackHands are Busy | I move to my safe spot (or my teacher helps me) and do a maze or coloring sheet |
| 2 | “Blow Right – Pass Left”Irritated | Leg ShakeSigh Head Down | I move myself to my safe spot |
| 1 | “Dribbling”Happy/Calm | Joking Around Smiling Laughing | I am in class learning and doing my job |