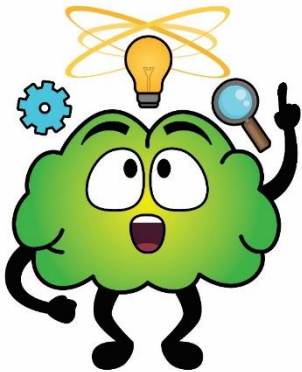
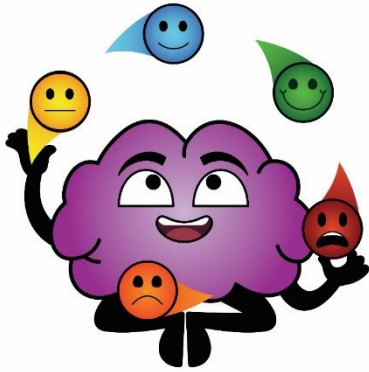
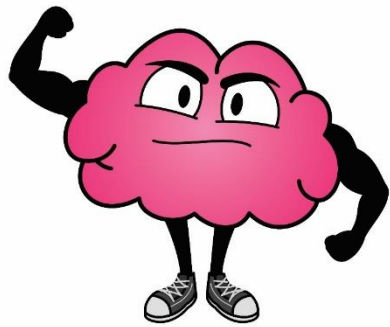


How are you feeling?

				
1	2	3	4	5
Upset, angry, depressed, scared	Negative, frustrated, confused, sad	OK, fine, alright, average	Comfortable, positive, pleased	Excited happy, pumped

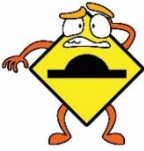
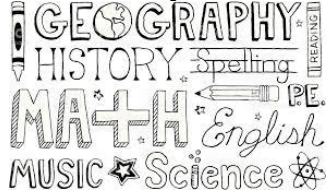
How do I feel?

Which Brain are you in?

		
Smart Brain	Emotional Brain	Wild Brain
• Makes good choices • Helps you focus • Problem solving • Creativity	• Your feelings and emotions • Sad / upset • Happy / excited • Mad / confused	• Might make bad choices • Heart rate and breathing • Hungry and thirsty

Which Brain?

What Speedbumps or Roadblocks?

 What were your Speedbumps?		 What were your Roadblocks?	
Noise 	Interruption 	Peer conflict 	Subject 
Worries 	Too much to do 	Work was Too Hard or Too Easy	Other?

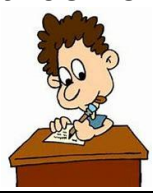
Speedbumps & Roadblocks

What Strategies do you need?

	Food & water 	Go for a walk 	3 deep breaths 
Colour in 	Count to 10 	Stress toy 	Read a book 
Do a puzzle 	Get some rest 	Cuddle toy 	Listen to music 

Strategies

What are your Next Steps?

	Talk to a friend 	Talk to an adult 
Ask for help 	Take a Brain Break 	Say sorry 
Continue working 	Back to class 	Pick another Strategy 
Next Steps		

How are you feeling?

				
1	2	3	4	5
Upset, angry, depressed, scared	Negative, frustrated, confused, sad	OK, fine, alright, average	Comfortable, positive, pleased	Excited happy, pumped
How do I feel now?				