

# 1

**When I am at 1, I'm completely calm and ready to do my work.**

**To stay on a 1, I can:**

- Tell my teacher when something is hard or when I am starting to get frustrated**
- Ask for a break if I need to collect myself**
- Focus on earning all of my point so I can get my reward at the end of the day**

# 2

**When I am at 2, I'm almost calm, but I may need a minute to relax.**

**To help me get back down to a 1, I can:**

- Check my schedule to prepare for what's next**
- Look at my break choices to help me get excited about getting back to work**
- Set a timer for 2 minutes so I know when it's time to get back to work.**

# 3

**When I am at 3, I might be a little bit upset. It's important I keep calming myself down until I am at a 2 or a 1.**

**To help me calm down and get to a 2 or 1, I can:**

- Talk about what's bothering me**
- Think about happy things like my favorite toy or my favorite food**
- Go on a walk with an adult**

# 4

**When I am at 4, it's important that I keep control so I don't back to a 5.**

**To help me get back to a 3, 2, or 1 I can:**

- Find a quiet seat in the room**
- close my eyes and count to 10**
- rub my leg with my hands**

# 5

**When I am at 5, it's important that I try to gain control and get back to a 4.**

**To help me get back to a 4, I can:**

**--Squeeze my hand together really hard**

**--Take 3 deep, slow breaths**

**--Find a place where I can calm down like the  
"Chill Zone"**