

CHILD' NAME: \_\_\_\_\_

## STRESS LEVEL

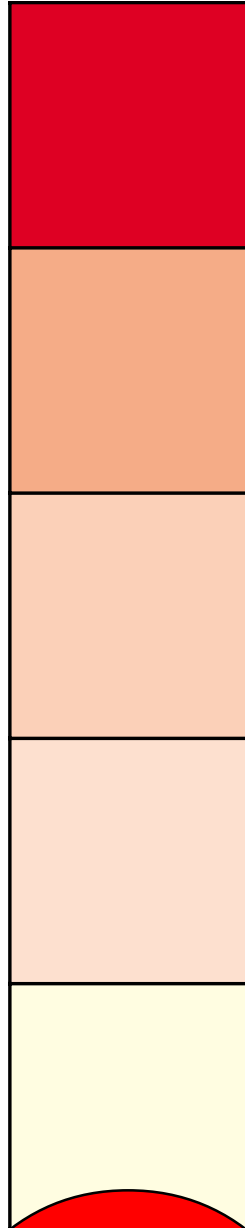
I'm having serious difficulty with assignments or getting along with peers. I feel like cursing or using threatening language, being aggressive with my body language, or want to commit acts of aggression.

I'm having considerable difficulty with assignments or getting along with peers. I can't stay in my seat. I react in anger to teacher, and I want to hit my peers.

I'm having some difficulty with assignments or getting along with peers. I have trouble staying on task or keeping within boundaries.

Not stressed at all, can handle all my assignments and get along with peers.

I will put a post-it on my level of stress so my teacher can tell how stressed I am.



## CALMING TECHNIQUES

I WILL...

1. Go to my safe place to calm down for 10 minutes.
2. Put on headphones and listen to music for 10 minutes.

OR

3. \_\_\_\_\_

I WILL...

1. Put my head on my desk for 5 minutes
2. Walk to the back of the room and read the bulletin board.

OR

3. \_\_\_\_\_

I WILL...

1. Take deep breaths and count to 10.
2. Read for 5 minutes in a book that I like.

OR

3. \_\_\_\_\_