






Class Self-Management Plan

Hurting others or yourself is considered 'off the scale' and is not safe.

Number	Looks like	Feels like	I can try to...
		Extremely Mad Angry Frustrated Worried Disgusted Upset	Ask a trusted adult to help.
		Very Mad Angry Frustrated Worried Disgusted Upset	Take a break Exercises that help Self-talk Breathe well Be mindful Talk to someone Consider HBITP? Consider rewards 'Calm' APP
		Bit Mad Angry Frustrated Worried Tangled up Upset	Be mindful Breathe well Exercises Self-talk Consider HBITP? Consider rewards
		Ok Happy Calm Focused Ready to learn	Keep this feeling!
		Under Tired Bored Fed up	Drink water Exercises Motivate