







My Check In



How am I feeling?

What can I do?

		Explode —I feel angry and I am not sure how to calm down. I need an adult to help me.	I need to leave the classroom. I need to get to a safe place. I need some space - I will let you know when I am ready to talk.
		Rumbling —I feel like I am starting to lose control. I may need space and some support.	I can ask for a brain break. I can go to my safe place. I can move away from something that is upsetting me.
		Bubbly —I am feeling frustrated or something is worrying me. I may need a break to calm myself.	I can let me teacher know how I am feeling. I can get something from my sensory box. I can write or draw the problem.
		Ok —I know something is not right but I know what I need to do.	I can think about something that makes me happy. I can take deep breaths. I can go and have a drink.
		Happy —I feel good about myself and what is going on around me.	I can carry on having fun.