


My Check In



		<p>Explode—I feel angry and I am not sure how to calm down.</p> <p>I need an adult to help me.</p>
		<p>Rumbling—I feel like I am starting to lose control.</p> <p>I may need space and some support.</p>
		<p>Bubbly—I am feeling frustrated or something is worrying me.</p> <p>I may need a break to calm myself.</p>
		<p>Ok—I know something is not right but I know what I need to do.</p>
		<p>Happy—I feel good about myself and what is going on around me.</p>

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