

I've lost control.
I'm not listening anymore.
I could hit, kick or bite.
I need a quiet place to calm down.

4

# Overwhelmed

Everything is too hard. I'm losing control and need to leave the environment I'm in. Give me space.

3

## Frustrated

I'm not getting it, I'm showing signs of stress.
I should take a break now.

2

## **Anxious**

Trying to stay focused, but having a hard time staying on task.
Use calming strategies now.

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## Happy





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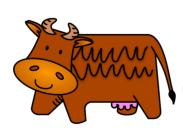
2



### **Anxious**

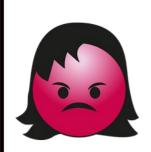
Trying to stay focused, but having a hard time staying on task.

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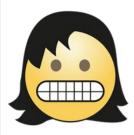
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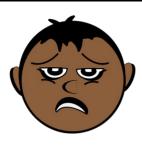
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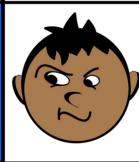
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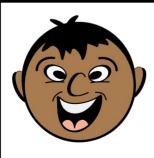
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