

## READY TO EXPLODE

I look enraged
I clench my hands
I can ask for a break
I can take a walk

i<sub>look</sub> like...

## ARXIOUS

I have a weird look in my eye I shake and tremble I can listen to music I can take deep breaths

## Say & Cothings like...

## GALM

I look calm I smile I feel good all over No problems

Feelings Chart www.parentingspecialneeds.org

"5 Steps to help you Child Manage Emotions" article by Jamie E. Carter, Ph.D. in the July/Aug 2016 issue of Parenting Special Needs Magazine.







