


When I am....		How does this feel?	What can I do?	What can my teacher do?
	Angry	hot want to be somewhere else doing something different	have a time out fiddle with something big deep breath	help calm me down by giving me something to fiddle with and letting me take a break to do this
	finding it hard to remember	angry very confused	write it down draw a picture use photos use a timer/buzzer	tell me 1 thing at a time
	finding it hard to listen	Bored distracted my mind wanders	sit up straight, look at the person	tell me 1 thing at a time talk for a short time
	Fidgety	excited uncomfy	get comfortable feet flat on the floor back against the chair	give me a 1 minute break, and then back to learning give me quick, short activities
	Calm and Happy	my body is still my brain is slow	get working!	<u>nothing!</u>

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