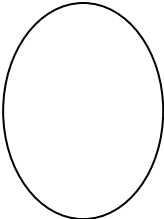
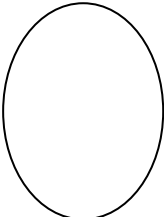
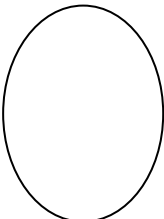
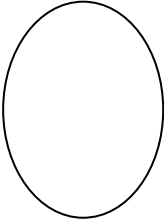
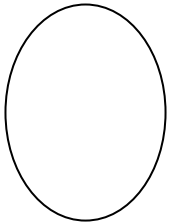
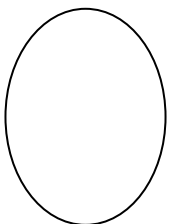
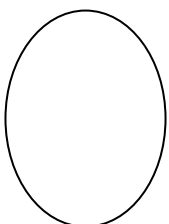


| Name    | What it looks like  | What it feels like   | When I feel this   | How I can make myself feel better.   |
|---------|---|--|--|--|
| Happy   |    | Relaxed<br>Calm<br>Warm inside<br>Makes me laugh or smile.   | <ul style="list-style-type: none"> <li>▪ When doing things I like.</li> <li>▪ When someone says something nice.</li> <li>▪ When I get something I like.</li> <li>▪ When I do a good job</li> </ul>                     | Already feel good.   |
| sad     |    | Want to cry<br>Dry throat<br>Runny nose.<br>Don't want to do anything                                  | <ul style="list-style-type: none"> <li>▪ When I have to do something I don't like.</li> <li>▪ When someone says something nasty.</li> <li>▪ When I lose something I like.</li> <li>▪ When I am sick or hurt</li> </ul> | <ul style="list-style-type: none"> <li>✓ I can try to think of things that make me smile.</li> <li>✓ I can do something I enjoy.</li> <li>✓ I can write down what is making me sad, or tell someone about it.</li> </ul> |
| Angry   |   | Hot<br>Want to shout.<br>Want to hit something/ someone.<br>Feel shaky.                                | <ul style="list-style-type: none"> <li>▪ When people say stupid things.</li> <li>▪ When someone takes something of mine.</li> <li>▪ When something isn't fair</li> <li>▪ When people see me make mistakes</li> </ul>   | <ul style="list-style-type: none"> <li>✓ I can take deep breaths.</li> <li>✓ I can count to ten.</li> <li>✓ I can take some time out.</li> <li>✓ I can tell an adult.</li> <li>✓ I can squeeze a stress ball.</li> </ul> |
| Worried |  | Feel a bit sick.<br>Knot in tummy<br>Can't think about anything else.<br>(can feel like being nervous) | <ul style="list-style-type: none"> <li>▪ When I don't know what it happening.</li> <li>▪ When things change.</li> <li>▪ When I don't know what to do.</li> <li>▪ When I am around strangers</li> </ul>                 | <ul style="list-style-type: none"> <li>✓ I can ask someone what is happening.</li> <li>✓ I can tell myself I am ok.</li> <li>✓ I can do something that makes me feel calm and safe.</li> </ul>                           |

|                      |   |  |  |   |
|----------------------|---|--|--|---|
| <h1>Fright-ened</h1> |  | <p>Feel shaky<br/>Want to hide somewhere safe.<br/>Might want to scream.</p>   | <ul style="list-style-type: none"> <li>▪ When I think I am lost</li> <li>▪ When I think I am in trouble.</li> <li>▪ When I hear strange noises at night</li> </ul>                                   | <ul style="list-style-type: none"> <li>✓ I can tell myself I am ok.</li> <li>✓ I can tell an adult.</li> <li>✓ I can hold something that makes me feel safe.</li> <li>✓ I can go somewhere that makes me feel safe</li> </ul> |
| <h1>Excited</h1>     |  | <p>Want to jump about.<br/>I can't wait.<br/>Want to smile/laugh.<br/>Want to tell everyone about it</p>                             | <ul style="list-style-type: none"> <li>▪ When I am going to do something you really like eg When I'm having a party, or going to the zoo.</li> <li>▪ When I am going to get something new</li> </ul> | <p>Already feel good, but if I'm starting to feel worried then I can look at my worried table.</p>  |
| <h1>Nervous</h1>     |  | <p>Tummy feels jumpy.<br/>Shaky.<br/>Might feel a little sick.<br/>Don't want to do something.<br/>(can feel like being worried)</p> | <ul style="list-style-type: none"> <li>▪ When I am going to perform on stage.</li> <li>▪ When I am meeting someone new.</li> <li>▪ When I have to sit an exam</li> </ul>                             | <ul style="list-style-type: none"> <li>✓ I can take deep breaths</li> <li>✓ I can talk to someone</li> <li>✓ I can think of something I like or do something calming</li> <li>✓ I can tell myself I am ok</li> </ul>          |

Once filled in by the child (with support), this table could be kept somewhere in view, so that the child is reminded of what they may be feeling at a certain time, and what (if anything) they should do about it. For example, when the child begins to get hot, they can look at the timetable (they may need prompting to do this at first), and will be reminded to take some deep breaths, or some time out. This could also be simplified, if for example, the child particularly struggles with anxiety (worry), then they could carry around a card with the signs that they are feeling anxious, and strategies to relax. This can used by the child as a reminder, but also to show the teacher (without having to express it verbally, which may be difficult) how they are feeling, and why they have got out their stress ball, or are needing some time out. This then gives the child a level of independence in dealing with their emotions.