

5



I am feeling angry.  
I have lost control and need to be alone.

4



I am feeling upset.  
It is time for me to take a break in a  
quiet environment.

3



I am feeling frustrated.  
I am starting to feel overwhelmed and nervous.  
I need to use my calming strategies.

2



I am feeling fine.  
Nothing is wrong, but I need  
my own space.

1



I am feeling happy.  
I am excited about where I am  
and what I am doing.