

Feelings Chart		
	How I feel	What I can do
5	I need some help!	☐ Ask to go visit Mrs. Holland ☐ Ask to take a break/use therapy ☐ Hold on to Luke Skywalker (if he is here) ☐ Take 4 or 5 deep breaths
4	I'm really upset.	☐ Ask to go visit Mrs. Holland ☐ Ask to take a break/use therapy ☐ Hold on to Luke Skywalker (if he is here) ☐ Take 4 or 5 deep breaths
3	I've got a problem.	☐ Let a teacher know that you have a problem and need some help ☐ Play with your squishy thing ☐ Hold on to Luke Skywalker (if he is here) ☐ Take 4 or 5 deep breaths
2	Things are pretty good.	☐ Play with my squishy thing ☐ Think of my favorite things ☐ Say "I'm going to be O.K." to yourself ☐ Take 3 or 4 deep breaths
1	Feeling Great!	☐ Enjoy the feeling! ☐ Have fun

