

I feel	Happy, Excited, Energetic, Just OK	Sad, Tired, Don't feel so good, Frustrated, Annoyed	Really, Really Angry!!
Size	No problem	Small	Big
What it looks like	<p>There is no problem or the problem is all done.</p> <ul style="list-style-type: none"> - I am happy, calm, and on track! - I am safe and following directions! 	<p>I can solve this by myself!</p> <ul style="list-style-type: none"> - I'm the only one upset - It's not dangerous - It won't last long - I don't need to talk about it 	<p>I need an adult to help me.</p> <ul style="list-style-type: none"> - More than myself are affected - It is dangerous - It could last a long time

I can ALWAYS use my words and say...

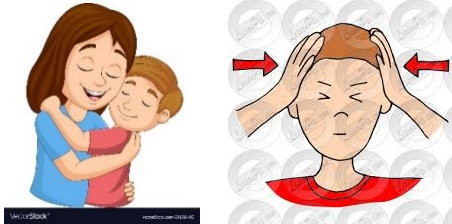
I need help



I need to calm down



Can I have a head squeeze or a hug?



Can I do something different?



Can I set a timer?



I'm hungry or thirsty!



When is my break?



I need to use the bathroom.



Can I / you...

I want/need...

When...

How...

Who...

Where...

What...