

My Plan: How am I doing?

Very well

When I am doing **Very Well**, I am able to:

I feel:
In control

Okay

When I am doing **Okay**, I am able to:

I feel:
Like it is hard to stay in control
Like I need a break

Not So Well

When I am doing **Not So Well**, I notice that I am:

I feel:
Upset
Like I need to get back in control

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Things I can say and do when I am feeling Not So Well:

Show my teacher my break card and go to my break area
Take five deep breaths and count to ten
Use my stress balls to calm down
Get a drink of water and stretch my arms and legs
Ask to go to a quieter area

After I take my regrouping break, I will ask the question:

How am I doing?

If I am doing Okay or Very Well, I will go back to my activity.

If I am still feeling Not So Well, I will keep using my plan until I can ask the question again and answer it feeling Okay or Very Well.

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