

# Feelings Chart

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