



## My 5-Point Worry Bucket Scale

	<p><u>I can't stand this and ready to explode.</u></p> <p>I want to hit or kick someone, or throw something. I need an adult to help me go to a safe place so I can calm down.</p>	
	<p><u>I am getting too angry.</u></p> <p>I am starting to clench my hands and my face feels hot. I need to go to my safe place to calm down.</p>	
	<p><u>I am getting frustrated.</u></p> <p>I need to walk away from the situation. I will tell my teacher that I need a break.</p>	
	<p><u>I am doing OK.</u></p> <p>I am not happy, I am a bit upset. I can stay where I am and keep working. I can control my anger myself.</p>	
	<p><u>I am doing great.</u></p> <p>I feel good about myself and about what is going on around me.</p>	