


Anger Forecast Map

Rating	Looks Like	Feels Like	I Can...
5		<p>I am</p> <ul style="list-style-type: none"> • Angry • Swearing • Knocking over stuff 	<ul style="list-style-type: none"> • I need help! • Listen to what the adults are saying so they can help me calm down. • I can ask for a walk.
4		<p>I am</p> <ul style="list-style-type: none"> • Mad • Frustrated 	<ul style="list-style-type: none"> • Ask for help to fix the problem. • Take a break • Go to the calm down area
3		<p>I am</p> <ul style="list-style-type: none"> • Distracted • Pacing • Putting my head in my shirt 	<ul style="list-style-type: none"> • Take a break • Ask for help • Write in a journal • Think of something that makes me happy
2		<p>I am</p> <ul style="list-style-type: none"> • Okay • Fine 	<ul style="list-style-type: none"> • Keep working • Enjoy home • Think of the next fun thing I can do
1		<p>I am</p> <ul style="list-style-type: none"> • Calm • Nice • Happy 	<ul style="list-style-type: none"> • Have fun • Stay on track • Talk to family and friends