

	What does it feel like	What does it look like
 5	Out of Control Feels like you're a creeper and you're going to explode	* Screaming * Yelling * Crying * Throwing Things * Kicking Things * Breaking Things * Hitting Things
 4	Starting to Loose It Getting angry like a Zombie	* Head feels like it's overheating * Start to say mean or hurtful things * Call people names * Take things away from people * Kicking Furniture * Little Kid Brain tells you to do things that will get you in trouble
 3	Anxious/Worried/Excited Feels like an Enderman and you want to get away or jump right out of your skin	<u>Anxious/Worried</u> * Don't want to talk about it * A little scared * Tummy starts to hurt * Upset about something * Repeating Words <u>Over Excited</u> * Jumping up and Down * Flapping hands * Pulling on Things or People * Repeating Words * Can't stay in seat
 2	I Think I Can Handle It Fells like Steve who has to work hard to survive	<u>Might be hard for me but</u> * I will try to do it * I will Cooperate * I will listen * When I'm done it will make me feel good about myself for working so hard
 1	Just Right Like Notch	* Happy * Calm * Peaceful * Nothing bothers you * Interested in something