

Please take a few minutes to complete the questions below. When answering, use a recent experience to reflect on.

Trigger: What are the things/behaviors/people that cause you to go into crisis?

- Being touched
- Being ignored/not listened to
- Sudden movements
- Loud noise
- Not having control or input
- Contact with a person(s) _____
- Being alone
- Being threatened
- Authority figures
- Not understanding something
- Being hungry/thirsty
- Staying in one spot for a long period
- Other: _____

Warning signs: What can you feel happening and/or can people see when you are getting frustrated?

- Sweating
- Crying
- Rude/inappropriate comments
- Loud voice
- Can't sit still
- Clenching fists and/or jaw
- Fighting with hands
- Laughing/giddy
- Having negative thoughts/saying negative things about people/situation
- Pacing
- Rocking
- Swearing
- Other: _____

How do you maintain or regain control: It is important to identify strategies that make you feel better when you are having a hard time managing your emotions. Which of the following have worked for you? There are times when we can incorporate some strategies in the classroom or on a break.

Movement	Touch/Temperature	Visual/Auditory	Smell/Taste
<input type="checkbox"/> Exercise, walking, jogging, jumping, lifting weights, yoga	<input type="checkbox"/> Cold compress	<input type="checkbox"/> Dark room	<input type="checkbox"/> Baking/cooking
<input type="checkbox"/> Cleaning	<input type="checkbox"/> Doing your hair	<input type="checkbox"/> Humming/singing	<input type="checkbox"/> Eating
<input type="checkbox"/> Dancing	<input type="checkbox"/> Fidget toy	<input type="checkbox"/> Listen to music	<input type="checkbox"/> Gum/candy/cough drop
	<input type="checkbox"/> Chewing gum	<input type="checkbox"/> Flipping through magazine/paper	<input type="checkbox"/> Deep breathing
	<input type="checkbox"/> Temp change		

<input type="checkbox"/> Drawing/doodling <input type="checkbox"/> Rocking/swinging <input type="checkbox"/> Shower/bath <input type="checkbox"/> Writing/journeying <input type="checkbox"/> Other:	<input type="checkbox"/> (hot/Cold) <input type="checkbox"/> Stress ball/fabrics/worry stone <input type="checkbox"/> Body compress <input type="checkbox"/> Elastic band <input type="checkbox"/> Other:	<input type="checkbox"/> Nature sounds <input type="checkbox"/> Meditation <input type="checkbox"/> Quiet space <input type="checkbox"/> Talking <input type="checkbox"/> TV <input type="checkbox"/> White noise <input type="checkbox"/> Other:	<input type="checkbox"/> Soda/cocoa/coffee/tea <input type="checkbox"/> Flowers <input type="checkbox"/> Fruits <input type="checkbox"/> Mints/fire ball <input type="checkbox"/> Candles <input type="checkbox"/> Scented lotions <input type="checkbox"/> Other:
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