

WHAT WHO?	I AM AT:	TOLERANCE SCALE	I NEED TO:
	<p>I CAN'T STAND THIS!! I AM READY TO EXPLODE!! I WANT TO HIT SOMEONE!! I WANT TO SCREAM!!</p> <p>I WILL NEED HELP.</p> <p>Emotional Age: _____</p>	<h1>5</h1>	<p><input type="checkbox"/> GET HELP</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
	<p>I AM GETTING TOO ANGRY!!</p> <p>My brain is not thinking clearly, and I might say or do something I will be sorry for later. I NEED TO LEAVE.</p> <p>Emotional Age: _____</p>	<h1>4</h1>	<p><input type="checkbox"/> LET OTHERS KNOW I'M @4 AND I NEED TO LEAVE!!</p> <p><input type="checkbox"/> USE "I NEED A BREAK" CARD</p> <p><input type="checkbox"/> GO TO MY CALMING SPOT</p> <p><input type="checkbox"/> BREATH IN AND OUT SLOWLY</p> <p><input type="checkbox"/> THINK ABOUT THINGS I DO WELL</p> <p><input type="checkbox"/></p>
	<p>I am getting REALLY IRRITATED! This is the best time to TAKE A BREAK or WALK AWAY from a bad situation.</p> <p>Emotional Age: _____</p>	<h1>3</h1>	<p><input type="checkbox"/> TAKE A BREAK (USE BREAK CARD)</p> <p><input type="checkbox"/> WALK AWAY</p> <p><input type="checkbox"/> ASK FOR HELP</p> <p><input type="checkbox"/> SIT AND COUNT TO TWENTY</p> <p><input type="checkbox"/> THINK ABOUT A CALM SAFE PLACE</p> <p><input type="checkbox"/> BREATH IN AND OUT SLOWLY</p> <p>I CAN GO BACK TO IRRITATING ACTIVITY OR SITUATION AFTER I CALM DOWN TO LEVEL 1</p>
	<p>I am doing O.K. I am not particularly pleased, but I am not upset. I can still stay where I am.</p> <p>Emotional Age: _____</p>	<h1>2</h1>	<p>I NEED TO REMEMBER TO WATCH FOR SIGNS OF STRESS OR TENSION....</p> <p>WHICH MIGHT MEAN I'M HEADING UP THE SCALE TO A LEVEL 3, 4 OR 5</p>
	<p>I am doing great. I feel good about what is going on around me.</p> <p>Physical Age: _____</p> <p>Emotional Age: _____</p>	<h1>1</h1>	<p>THIS IS WHERE I AM AT MY BEST. HERE, I CAN LEARN, PRACTICE SKILLS AND HAVE FUN WITH OTHERS.</p>

