___’s Communication Tool

I can use a dry erase marker to fill this out. This will help me tell a grown up what I need right now.

I feel

- Excited
- Happy
- Upset
- Mad
- Worried
- Annoyed

I don’t know what feeling this is

Because

- I’m bored
- Someone is bothering me
- The work is challenging right now

I have a lot of energy

Something else: ___________________________

Write why I feel this way here.

I need

- The teacher to help me
- To use my break pass
- To use the calm down corner or fidget
- A grown up to do a circle
- To write in my journal

Something else: ___________________________

Write what I need here.

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