## Educators Check In

## Body Out of Control I am unsafe & need team support. Feelings Out of Control I must have a 5 minute break away from peers. Bigger worries (I have trouble doing my job.) I need a 5 minute break! A few worries (I can do my job.) A 5 minute break could help. Just fine

## Strategies I can use:

- 1. Deep Breaths \*
- 2. Count to 10 \*
- 3. Replace Thoughts \*
- 4. Take a Break:Motor or Calming
- 5. Deflect \*







Buron, K. D., & Curtis, M. (2012). The incredible 5-point scale: assisting students with autism spectrum disorders in understanding social interactions and controlling their emotional responses. Autism Asperger Publishing Company.