

Educators Check In

5	Body Out of Control I am unsafe & need team support.
4	Feelings Out of Control I must have a 5 minute break away from peers.
3	Bigger worries (I have trouble doing my job.) I need a 5 minute break!
2	A few worries (I can do my job.) A 5 minute break could help.
1	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 *

