## Petal's Control Scale # How does this

feel?

	reer?	way?	
10	I could lose	When loud talking and	Too late!! I am
	control!	laughing keep going. School	screaming!
	8	bells and the smell of Fish.	Emergency!! Stop
	8	Tish.	talking. Close eyes. Deep
	*	4	breaths
	This can really	When the boys all laugh at	I start swearing out loud.
A	upset me	one time. When I can't do	I say mean things to other
		my work. When I make a	people. I tear up my
	2	mistake.	work.
			Take a walk out of the
	W g		room!
9	This can make me	When I hear the boys talking	I say shut up real quietly.
	nervous	louder. When the chairs or	I start starring at the
		desks scrape on the floor.	boys.
	* /	When someone laughs out	My brain starts thinking
	*.	loud.	about the boys too much!
		* *	Take card to teacher
	4		
			Help!
	a T	*	((((())))
			<b>3</b> 9
,	This sometimes	The sound of rain on the roof.	My stomach kind of
	bothers me	When I can't have my turn	hurts. I think things
	*	right away. Walking on the	aren't fair. I start
		power walk.	repeating the TV Guide schedule.
4	, e		scricture.
8 5			
		D	Mr. busin is notored I am
·	This never bothers	Doing my work. Reading	My brain is relaxed. I am
1	This never bothers me.	teen magazines. Looking at	smiling. My mouth is
1		teen magazines. Looking at adds in the paper. Watching	
		teen magazines. Looking at	smiling. My mouth is

What makes me feel this

way?

How can I tell?