

___'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



A grown up to do a circle

To use my break pass



To write in my journal

To use the calm down corner or fidget

Something else:

_____ Write what I need here.