








My Feelings Action Plan

Name:					Preferred staff:	
Triggers:						
	Happy	Disgust	Sad	Fear	Anger	
5		I have lost control Staff will take control	I have lost control Staff will take control	I have lost control Staff will take control	I have lost control Staff will take control	I have lost control Staff will take control
4						
3						
2						
1		Feel good, Clam Keep going	Feel good, Clam Keep going	Feel good, Clam Keep going	Feel good, Clam Keep going	Feel good, Clam Keep going

What it looks like

Students actions

Staff Actions