

# Feeling Thermometer

RYAN CAN TAKE HIS level of stress / Frustration AND use calming techniques.

## How Ryan Feels & What He Can Do!

**3.) Very Frustrated and Angry:** Ryan really wants to tell others to be quiet and follow the rules! (If he does, peers say: "You are not the teacher." This happens if others are noisy and not following rules. If noise persists it becomes very difficult for Ryan. He feels he can't work and concentrate. 1.) Talk about the situation with an adult (Mrs. A., Mr. P, Mrs. Mc, Mrs. R, or Mrs. U 2.) Move to the hallway 3.) Take a three-minute walk 4.) Get a drink 5) Try the techniques listed in #2 to see if they help move back down the thermometer!

**2.) Irritated and Frustrated:** Ryan is feeling more frustrated and tense. Usually this happens when students don't follow directions - especially when they continue to talk when they are supposed to give the teacher '5' and don't do it. Also, if they are not directed to change their behavior, Ryan feels uncomfortable. "I feel like telling someone to follow the rules." It's hard to concentrate.

1) Take 5 deep breaths 2) Work in the hallway 3) Get a drink 4) Leave Mrs. Reeder a message - on the white board

**1.) Frustrated:** Ryan feels that there is too much low-level noise in the room. He needs to calm himself with one of the following: 1) ask for quiet in a respectful way, 2) Move to the hallway (in the mornings when it is quieter) 3) headphones without music 4) ear plugs

**0.) Calm:** Coping techniques are working and Ryan feels he can focus and do work. There may be some noise in the room, but that's okay - classrooms aren't always quiet. I may be using some coping techniques to help me focus on work and not on others' behaviors.

## How Others May Feel if Ryan Loses His Temper

If Ryan tells peers what to do, peers may not want to be his friend. A good friend does not enforce rules that adults make.

Telling others to follow rules is the same as criticizing their behavior. They may feel bad, hurt or embarrassed. They may say angry things. They will respect Ryan if he works to calm himself and lets the teacher enforce rules.

Frustration feels bad. It is important to calm down as soon as you realize that you are tense. This is called "taking care of yourself." People respect this and you will feel better. It's okay to use techniques to stay calm.

