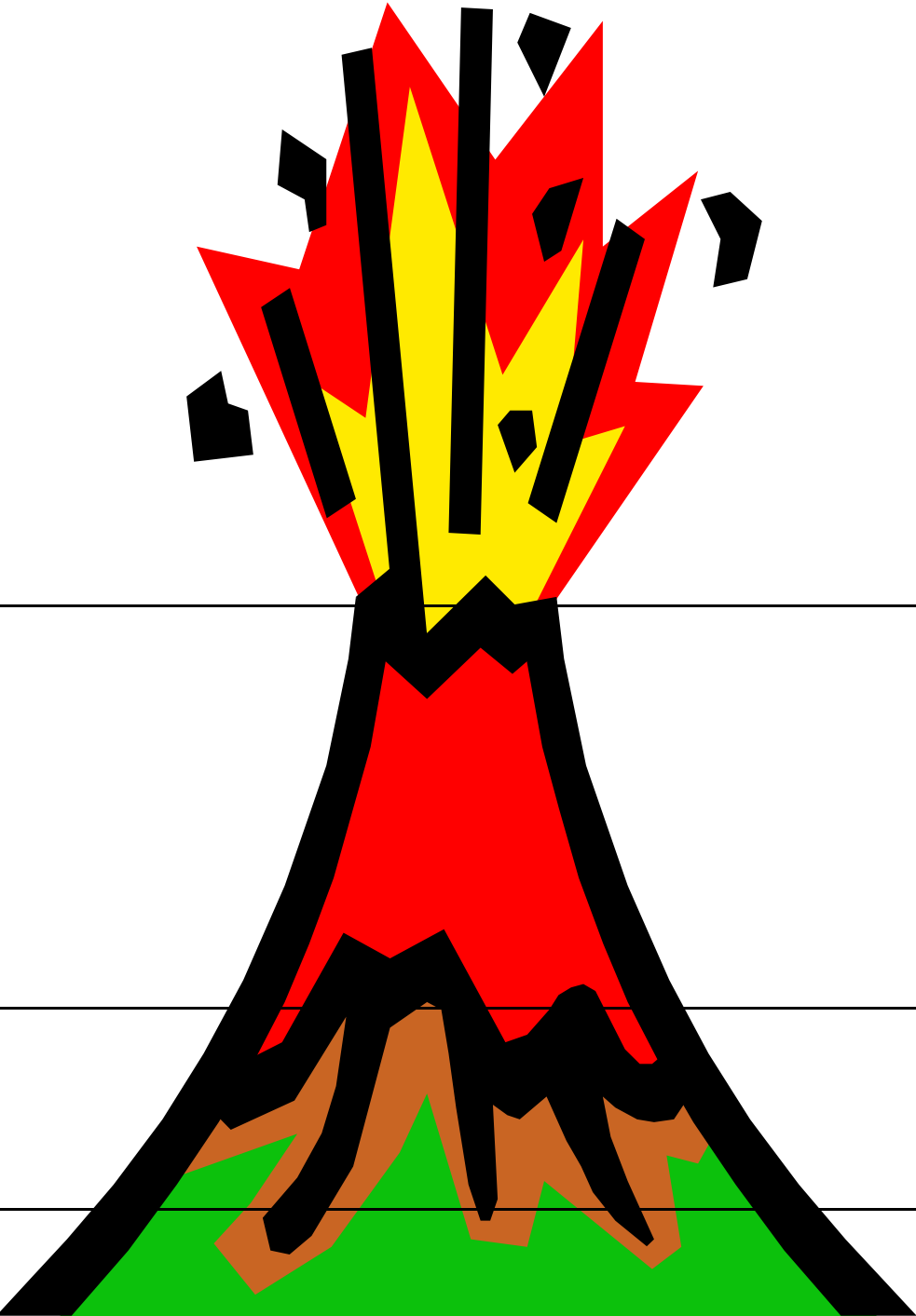






_____’s Volcano

_____’s Volcano	Stress Level	Body Signals	What Can I Do?
	<p>High Stress EXPLOSION</p> 	<p>Rips paper Throws materials Flips chair over when getting up Runs from area/room Falls to floor Bites self Hits head on objects (wall, desk, etc)</p>	<p>Ask to go to the Learning Lab Complete work at a later time or in a different way</p>
	<p>Moderate Stress BOILING</p> 	<p>Growling Shuts down (won't talk to people) Breaks pencils Hits head with hand Says "I'm so confused!"</p>	<p>Ask for a break Take a long walk in hall with asst (5-10 min) Use putty</p>
	<p>Low Stress SIMMERING</p> 	<p>Hands clenching Body tenses Bouncing leg</p>	<p>Take deep breaths Pace in class (3-5 min) Ask for help</p>
	<p>Completely Content CALM</p> 	<p>Body relaxed, compliant with requests, etc.</p>	