

MINECRAFT

Incredible 5 Point Scale

Help kids get thier frustration under control

	What does it feel like	What does it look like
 <p>5</p>	<p>Out of Control</p> <p>Feels like you're a creeper and you're going to explode</p>	<ul style="list-style-type: none"> * Screaming * Yelling * Crying * Throwing Things * Kicking Things * Breaking Things * Hitting Things
 <p>4</p>	<p>Starting to lose it</p> <p>Getting angry like a Zombie</p>	<ul style="list-style-type: none"> * Head feels like it's overheating * Start to say mean or hurtful things * Call people names * Take things away from people * Kicking Furniture * Little Kid Brain tells you to do things that will get you in trouble
 <p>3</p>	<p>Anxious/Worried/Excited</p> <p>Feels like an Enderman and you want to get away or jump right out of your skin</p>	<p><u>Anxious/Worried</u></p> <ul style="list-style-type: none"> * Don't want to talk about it * A little scared * Tummy starts to hurt * Upset about something * Repeating Words <p><u>Over Excited</u></p> <ul style="list-style-type: none"> * Jumping up and Down * Flapping hands * Pulling on Things or People * Repeating Words * Can't stay in seat
 <p>2</p>	<p>I Think I Can Handle It</p> <p>Feels like Steve who has to work hard to survive</p>	<p><u>Might be hard for me but</u></p> <ul style="list-style-type: none"> * I will try to do it * I will Cooperate * I will listen * When I'm done it will make me feel good about myself for working so hard
 <p>1</p>	<p>Just Right</p> <p>Like Notch</p>	<ul style="list-style-type: none"> * Happy * Calm * Peaceful * Nothing bothers you * Interested in something