

What I need cards

Give children a menu of options they might need if they are upset, angry, frustrated, sad or confused.



When I am confused, I need:

- Extra help
- Show me again
- An example to look at
- To do it with my partner
- Extra time to finish
- To sit close to the board
- Something else: _____

When I am sad, I need:

- A break
- To be left alone
- A hug
- Time to draw
- To write out my feelings
- To hug a stuffed animal
- Something else: _____

When I am frustrated, I need:

- A break
- To be left alone
- To yell
- Extra help
- To write out my feelings
- Something to squeeze
- Something to throw
- Something to tear up
- Something else: _____

When I am angry, I need:

- A break
- To be left alone
- A hug
- Time to draw
- To write out my feelings
- Something to squeeze
- Something to throw
- Something to tear up
- Something else: _____



When I am nervous, I need:

- Answers to my questions
- You to stay close to me
- A hug
- To write out my feelings
- A stuffed animal to hold
- A friend to do it with me
- Something else: _____

