

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:	When I am sad, I need:	
Extra help	🔲 A break	
Show me again	To be left alone	
An example to look at	A hug	
To do it with my partner	Time to draw	
Extra time to finish	To write out my feelings	
To sit close to the board	To hug a stuffed animal	
Something else:	Something else:	
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When I am frustrated, I need:	When I am angry, I need:	
When I am frustrated, I need: A break	When I am angry, I need:	
A break	A break	
A break To be left alone	A break To be left alone	
A break To be left alone To yell	A break To be left alone A hug	
A break To be left alone To yell Extra help	A break To be left alone A hug Time to draw	
A break To be left alone To yell Extra help To write out my feelings	A break To be left alone A hug Time to draw To write out my feelings	
A break To be left alone To yell Extra help To write out my feelings Something to squeeze	A break To be left alone A hug Time to draw To write out my feelings Something to squeeze	
A break To be left alone To yell Extra help To write out my feelings Something to squeeze Something to throw	A break To be left alone A hug Time to draw To write out my feelings Something to squeeze Something to throw	



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	When I am nervous, I need:
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	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:
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