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**I am ok.**

**My breathing is normal.**

**There is nothing bothering me.**

**I am worried and I don’t know what to do.**

**My breathing is fast.**

**I am thinking fast.**

**I am really frustrated.**

**I am upset.**

**I am mad.**

**I want to fight.**

**I want to stop doing work.**

**I am very, very mad.**

**I want to yell and scream and hit.**