

5

I have flipped my lead. I am crying and cannot think clearly. I feel sick to my stomach and sometimes throw up.

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4

I cannot get my worries out of my head. I am getting irritated and want to yell and shout. If people try to talk to me I get upset.

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3

I am having a hard time concentrating. I am asking a lot of questions. My body needs to move and I start to hum.

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2

I am a little worried. Some unhelpful thoughts are entering my head. I'm having a hard time concentrating and playing with my friend.

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1

I am happy and can focus on my classwork. I can talk to my friends and listen to my teacher.