

MY BEHAVIOR IS A POT OF WATER

I can think of my behavior as a pot of water on the stove.

I will always try to stay cool. When I am cool people feel safe and want to be around me. When I start heating up, people get nervous and move farther away. And when I start to boil, people are scared and I may need help cooling down. I can use my strategies to help me stay cool.

**WHERE
I AM
AT:**

COOL




The stove is off.
I am cool.

HEATING UP



The stove is on.
I am heating up.

BOILING



The water is boiling.
I have lost my cool.

**WHAT
I CAN
DO:**

Just keep staying calm and cool. I am doing awesome.

Need to try to get back to cool. Use my strategies to turn down the heat.

Make sure I am safe. Make sure people around me are safe. Get cool and start over.

MY STRATEGIES

COOL

HEATING UP

BOILING