



# STOP & NOTICE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**WHAT AM I THINKING RIGHT NOW?**

**HOW DOES MY BODY FEEL?**



CALM



TENSE



TIRED



EXCITED



OTHER:

**WHAT EMOTION AM I HAVING?**



**WHAT CAN I DO TO FEEL BETTER?**

- TAKE 3 DEEP BREATHS       ASK FOR HELP  
 GET A DRINK OF WATER       TAKE A BREAK

**MY RESET PLAN**

NOW I CHOOSE TO...