





Number	What I Feel Like	What it Looks Like	What I can do About it
5	<p><u>Out of Control</u> The Thing</p> <p>I feel like I am about to explode! I feel completely overwhelmed and may become unsafe.</p>		
4	<p><u>Starting to Lose It</u> The Hulk</p> <p>I'm getting very angry and I may start to say things I don't mean.</p>		
3	<p><u>Anxious/Worried/Excited</u> The Flash</p> <p>I feel like I need to run away as fast as I possibly can.</p>		
2	<p><u>I Think I Can Handle It</u> Spiderman</p> <p>I am going to push myself to try my very best even if it is hard. I will feel proud when I get through it.</p>		
1	<p><u>Just Right</u> Superman</p> <p>Nothing can bring me down! I am a man of steel and feel on top of the world!</p>	