

FRUSTRATION BEAKERS



- ◆ Everyone has one
- ◆ They are all the same size
- ◆ Everyone acts poorly when his or her beaker is FULL



BEAKER

SKILLS



- ◆ What fills my beaker?
- ◆ How do I know my beaker is filling?
- ◆ How do I empty my beaker?





I need a
DETOUR!!!

I can take a detour if...

I'm becoming **over-excited** and my beaker

is on its way to being **full!**

(too much noise, too many people...)

I notice I need a break or an **adult notices**

that I need a break

I'm becoming **disruptive** to the family or class

I'm might **hurt** myself or others

"YOU AREN'T IN TROUBLE"

I can take a detour by...

Holding up my detour card

Walking to my detour room

(parents can come as well, if I want)

Having quiet time alone in my detour room

Having an adult stay with me during my detour

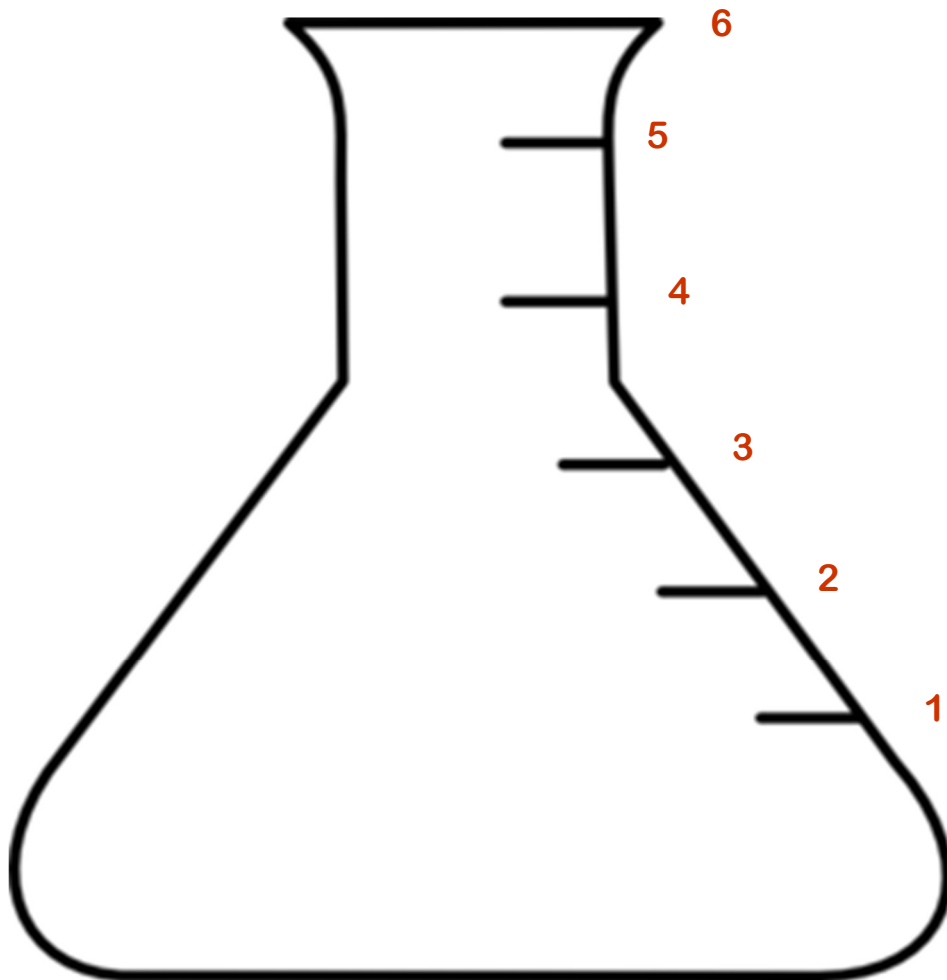


I need a
DETOUR!!!

MISSION 1: BEAKER WATCH

How full is my beaker right now???

Fill in the beaker to show how full it is.



Write your beaker metre score for each day this week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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BEAKER CHECK-OUT

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your
beaker level
here

