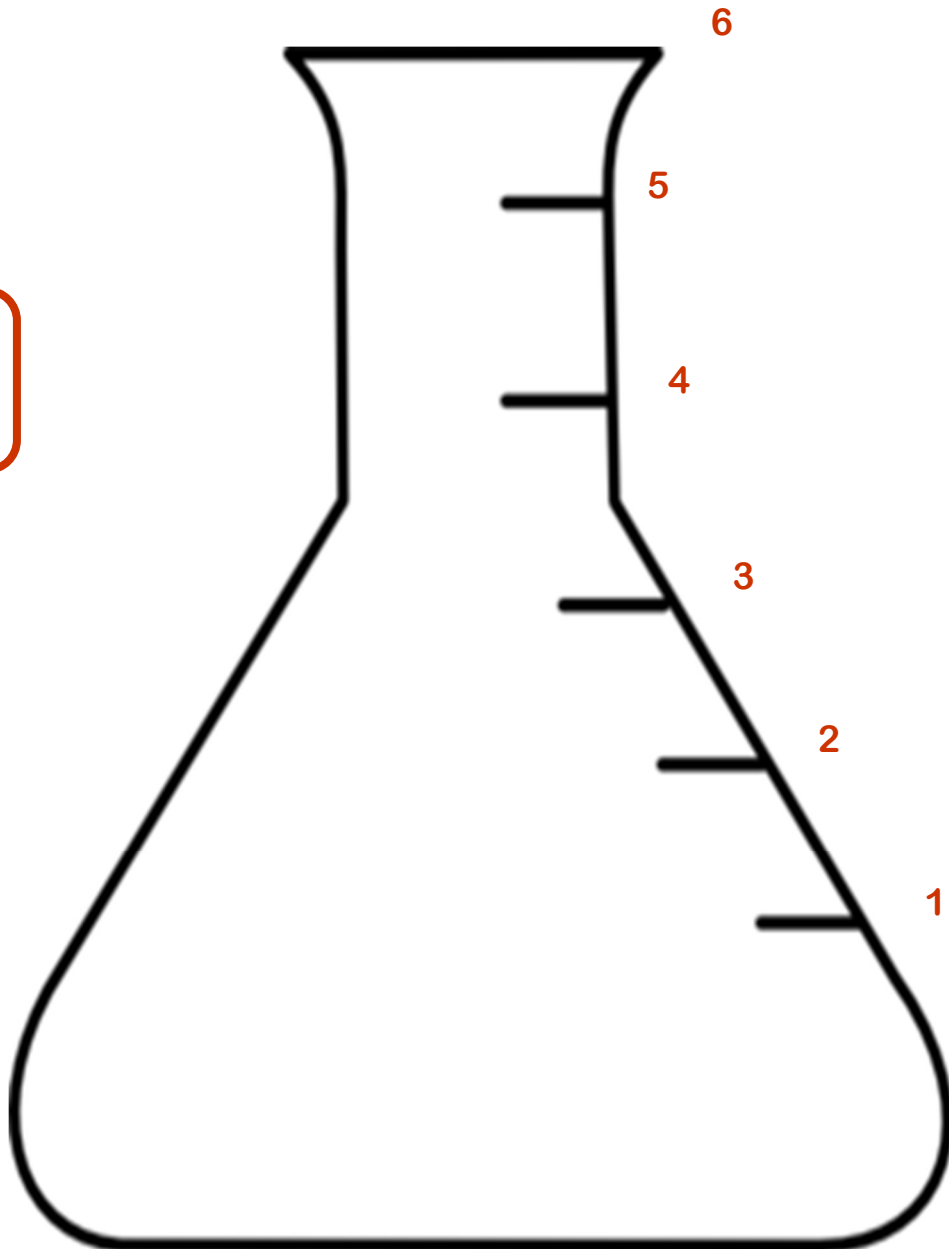


BEAKER CHECK-IN

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your
beaker level
here

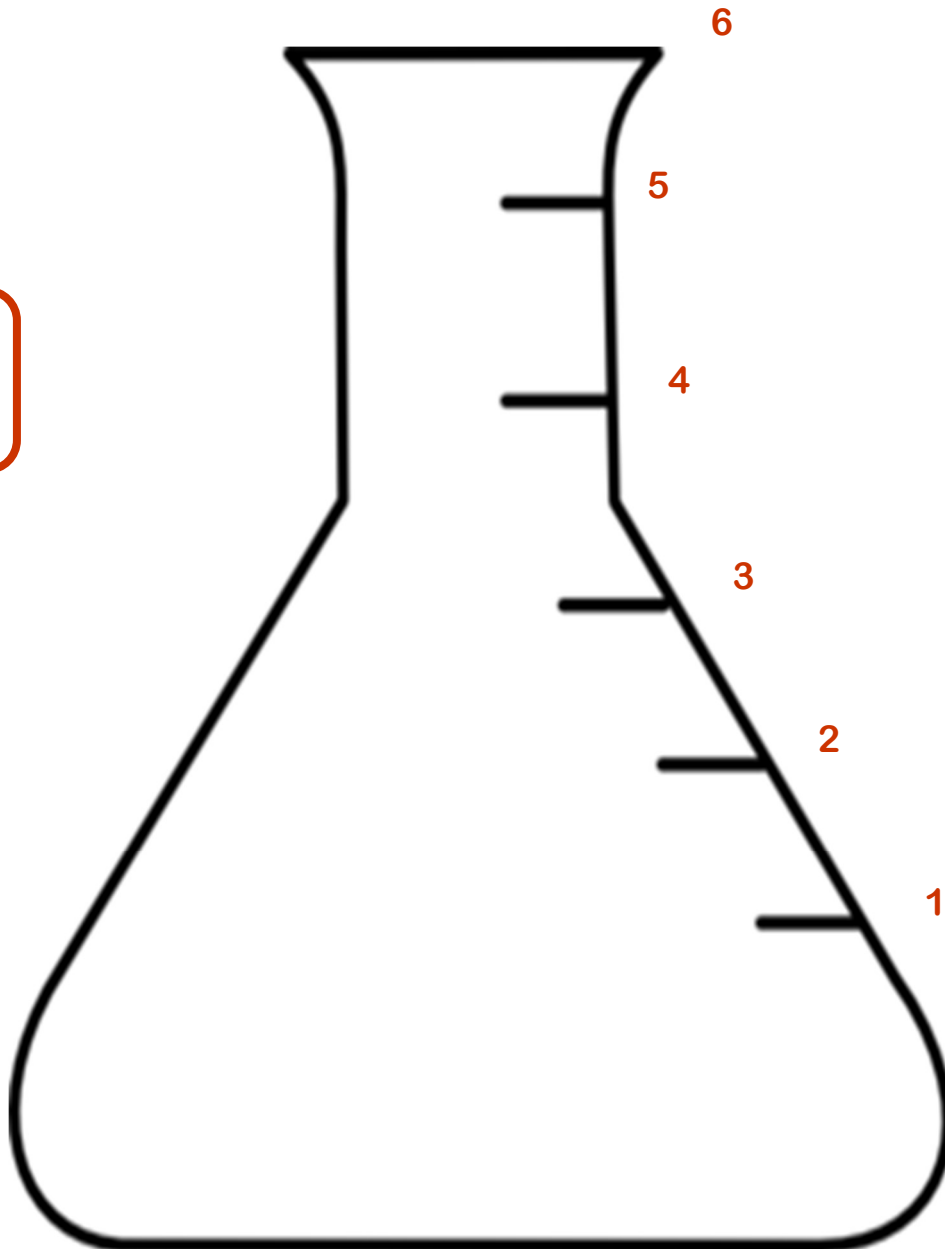


BEAKER CHECK-OUT

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your
beaker level
here



WHAT ARE THE EARLY WARNING SIGNS
THAT MY BEAKER IS FILLING?



My body feels hot



I feel anxious



I get a frown on
my face



my face turns red



I am gritting my teeth



my bottom lip is out



I start sweating



I feel tense



I get irritable

WHAT ARE MY EARLY WARNING SIGNS



My fists are clenched



I get a headache



I get more tics



**I get a funny feeling
in my stomach**



I feel sick



I chew my nails



I sigh a lot



I feel tired



I am really bored



I feel sad



**I don't want to look
at people**



I don't want to talk

WHAT ARE MY EARLY WARNING SIGNS



I don't feel people like me



I want to cry



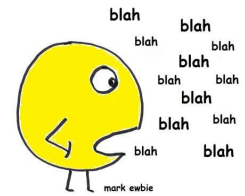
my feelings change quickly



I get impatient



I get hyper and full of energy



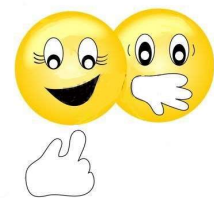
I talk fast



My voice gets louder



I say "NO" a lot



I get in trouble for interrupting others



I get in trouble for talking too much



I keep getting distracted



I can't think clearly

WHAT ARE MY EARLY WARNING SIGNS



**I don't understand
what is said**



**I can't remember
what to do**



**I worry about things
over and over**



**I can't stop scary
thoughts**



I don't want to listen anymore



**I walk away when
people are talking**



I don't care if I'm rude



**I get really
suspicious**



I have lots of angry thoughts



I get into arguments



**I use bad language or mean
words**



**I starting to play roughly with
things**

WHAT ARE MY EARLY WARNING SIGNS



I break things



**I feel like hurting
someone**

other things

 <p>I break things</p>	 <p>I feel like hurting someone</p>	<p>other things</p>

MY TOP 6 EARLY WARNING SIGNS ARE ...

WHAT ARE THE EARLY WARNING SIGNS YOUR CHILD'S BEAKER IS FILLING



Tick all the ones that sound like your child;

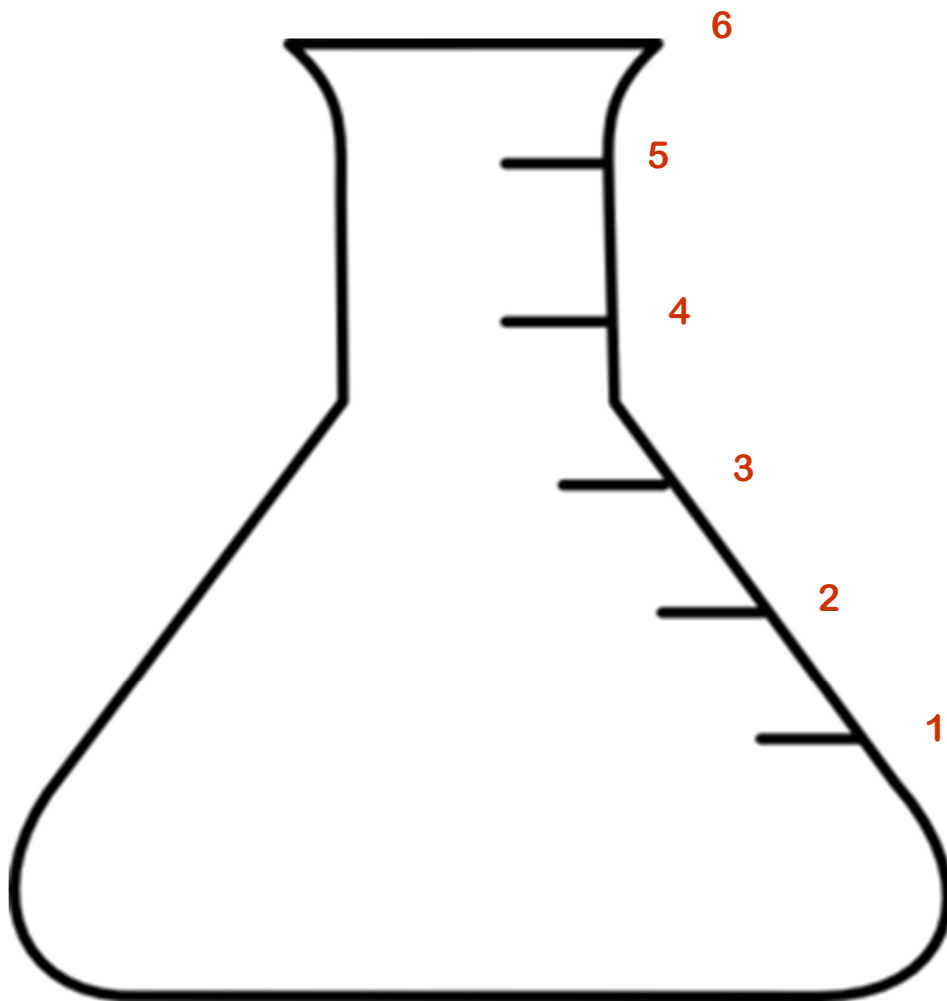
- Their body feels hot
- They feel anxious
- They get a frown on their face
- Their face turns red
- They grit their teeth
- Their bottom lip goes out
- They start sweating
- They feel tense
- They feel grumpy, grouchy
- Their fists are clenched
- They get a headache
- They get more tics
- They get a funny feeling in my stomach
- They feel sick all over
- They start chewing their nails or clothes
- They sigh a lot
- They feel tired
- They feel really bored, restless
- They feel sad
- They get really quiet
- They don't want to look at people
- They don't want to talk
- They think that people don't like them
- They want to cry
- Their feelings change quickly
- They get impatient
- They can't wait for their turn
- They get hyper and full of energy
- They have trouble staying still
- They want things right away
- They start talking fast
- Their voice gets louder
- They say "No" a lot
- They get in trouble for interrupting
- They get in trouble for talking too much
- They keep getting distracted
- They can't think clearly
- They feel like they are being rushed
- They get their words mixed up
- They can't understand what is said
- They can't remember what to do
- They are afraid they will lose control
- They worry about things over & over
- They can't stop scary thoughts
- They can't get their words out
- They don't want to listen anymore
- They walk away when people are talking
- They don't care if they are rude
- They get really suspicious
- They have lots of angry thoughts
- Their voice sounds cranky
- They get into arguments
- They use bad language or mean words
- They start to play roughly with things
- They want to break things
- They feel like hurting someone

OTHER WARNING SIGNS

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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