



# STATUS



# CHECK!

You can use PBIS Rewards to let us know how you are feeling!



**In PBIS, you can let your teachers, counselors, and administrators know if you are experiencing some Big Emotions.**







# There are four categories of emotions you can pick from.

- When you pick an emotion, you may be encouraged to try a coping strategy.

How are you feeling? ✕

Pick the best emoji for you right now

	<b>Angry</b> I'm feeling really angry, frustrated, or terrified. I'm refusing to learn. →
	<b>Frustrated</b> I'm feeling stressed, worried, confused, or silly. I'm having hard time learning. →
	<b>Happy</b> I'm feeling happy, calm, and focused. I'm ready to learn. →
	<b>Sad</b> I'm feeling overwhelmed, disconnected, & apathetic. I'm having a hard time engaging. →

## Angry



I'm feeling really angry, frustrated, or terrified. I'm refusing to learn.



## Irritated



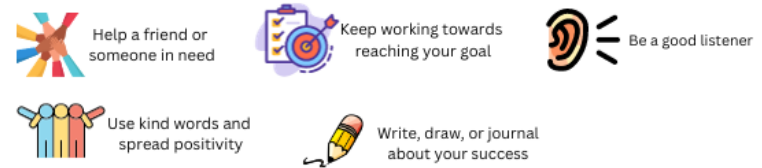
I'm feeling stressed, worried, confused, or silly. I'm having hard time learning.



## Happy



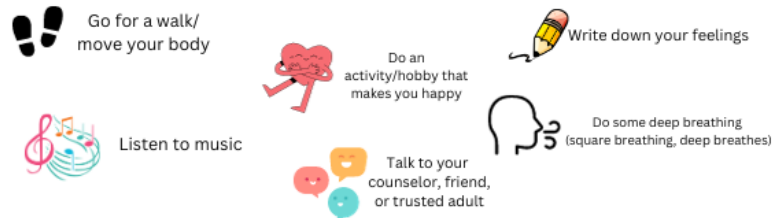
I'm feeling happy, calm, and focused. I'm ready to learn.



## Sad




I'm feeling overwhelmed, disconnected, & apathetic. I'm having a hard time engaging.



How are you feeling? ✕

## Are You Angry?

 **Angry**  
I'm feeling really angry, frustrated, or terrified.  
I'm refusing to learn.

Include Comment







# Status Checks aren't required...

But every time you use it, **you must include a comment** so we can find the best way to provide support.

# Pick a feeling & comment!

How are you feeling? ✕


Pick the best emoji for you right now

	<b>Angry</b> I'm feeling really angry, frustrated, or terrified. I'm refusing to learn. →
	<b>Frustrated</b> I'm feeling stressed, worried, confused, or silly. I'm having hard time learning. →
	<b>Happy</b> I'm feeling happy, calm, and focused. I'm ready to learn. →
	<b>Sad</b> I'm feeling overwhelmed, disconnected, & apathetic. I'm having a hard time engaging. →

**CANCEL**

How are you feeling? ✕

## Are You Angry?



Angry  
I'm feeling really  
frust  
I'm

Include Comment

**NO** **YES**

Don't forget to add a comment!