

5	I am very angry. My brain does not think clearly. I might use nasty words or hit out at other people. I might kick other children. I might shout at teachers.	It is ok to feel angry, but it is not ok to call other people names, hit or kick other people. If I do this I will end up in the yellow copy and this will make me sad. I need to take a break from the game when I feel this way. An adult may need to help me do this.
4	I am getting stressed. My body is starting to feel out of control. I may call people names when I am starting to feel this way.	It is ok to feel stressed, but it is not ok to call other people names when I feel this way. I need to take a break from the game if I am feeling this way. If I don't I may go into the red zone and chose a B option that will get me in trouble
3	I am feeling nervous. My heart is beating faster. I might find it hard to concentrate on the game. I might feel this way if the other team score a goal.	It is ok to feel nervous. This is a normal feeling. If I am feeling nervous, I need to take deep breaths, and remind myself that it is ok to feel this way. If the other team are winning, I can tell myself that "it is ok" and our team can try their best.
2	I am a little bit uncomfortable. The other team may be playing better than my team.	It is ok to feel uncomfortable. I can still play my game when I am feeling this way. I can remind myself that "it is ok" if the other team are playing better. Sometimes this can happen during a game of football.
1	I am happy. My body feels calm. I am relaxed. I can handle this situation. I am enjoying the game of football.	I can play at my best when I am feeling this way. I can continue to play the football game and enjoy it with my friends.