

WHEN MY PILOT LOSES CONTROL



Let's map out what really happened

WHAT STARTED IT?

- Someone said something
- Teacher called on me
- I made a mistake
- Felt left out
- Rules felt unfair
- I was tired
- Other: _____

Draw it here:



WHAT DID MY BODY DO?

-  Hot face
-  Fast heart
-  Tight jaw
-  Stomach drop
-  Shaky
-  Numb
- Other: _____

Intensity Scale

Color in how strong I felt



WHAT DID MY BRAIN SAY?

- "This is stupid."
- "I'm going to mess up."
- "Everyone is watching."
- "I don't care."
- "Not again."
- Other: _____

WHAT DID I DO?

- Shut down
- Yelled
- Left
- Argued
- Made a joke
- Ignored
- Other: _____

Draw it here:

WHAT HAPPENED AFTER

- Trouble
- Felt bad
- Nothing changed
- Someone upset
- Avoided it
- Other: _____



PILOT CHECK

When the alarm went off...

- | | |
|--|--|
| <input type="checkbox"/> Pilot stayed in control | <input type="checkbox"/> Pilot lost the controls |
| <input type="checkbox"/> Pilot came back | <input type="checkbox"/> Pilot never came back |

Next time I could: