



excited

What does it mean?

 feeling very happy	 feeling interested and eager	 something enjoyable may be happening
 something enjoyable is about to happen	 looking forward to something	 something else

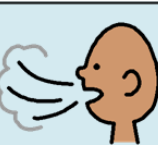
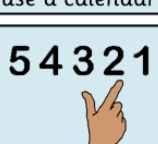
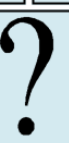
In my body, it might feel like

 a fast heartbeat	 flappy feeling in stomach	 finding it difficult to sit still	 talking louder than normal	 talking quicker or moving quicker than normal
 A warm or tingly feeling	 smiling	 laughing	 Lots of energy	 something else

How might someone react to this emotion?

 smile	 laugh	 cheer	 rush into things	 want to tell others
 interrupt	 talk quickly	 repeat questions or phrases	 difficultly concentrating	 feel overwhelmed
 jump	 clap	 move around	 find it difficult to calm	 something else

Support Strategies

 count to ten	 focussed walking break	 draw what is going to happen
 push against wall	 find a quiet space	 take slow, deep breaths
 stretch	 use fidgets	 use a calendar
 talk to someone about the exciting event	 write down what is going to happen	 use a countdown
 "I can feel excited and keep my body calm"	 What other things can you do to help you from feeling overexcited when you feel excited?	

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