Social Scripts for Emotional Regulation
(Communicating Emotions and Wants/Needs)

Emotional Identification and Expression
(use with Feelings Visual/Icons)
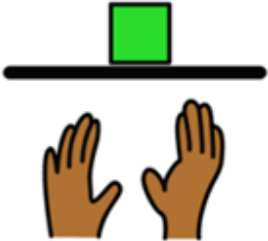
I	feel	_____

Expressing Needs/Wants

I want	_____

(^ the sign for want: cup hands palms up and pull towards you)
This one is heelpful if you are also using the sign for want. If not, the one below is more visually clear.

I	want	_____