MY FEELINGS SCALE

	5 OUT OF CONTROL like a Creeper	4 STARTING TO LOSE IT like a Zombie	3 FEELING FRUSTRATED /ANXIOUS like an Enderman	2 I CAN MANAGE like Steve	1 FEELING CALM like Alex
Feels like					
what can I do about it?					

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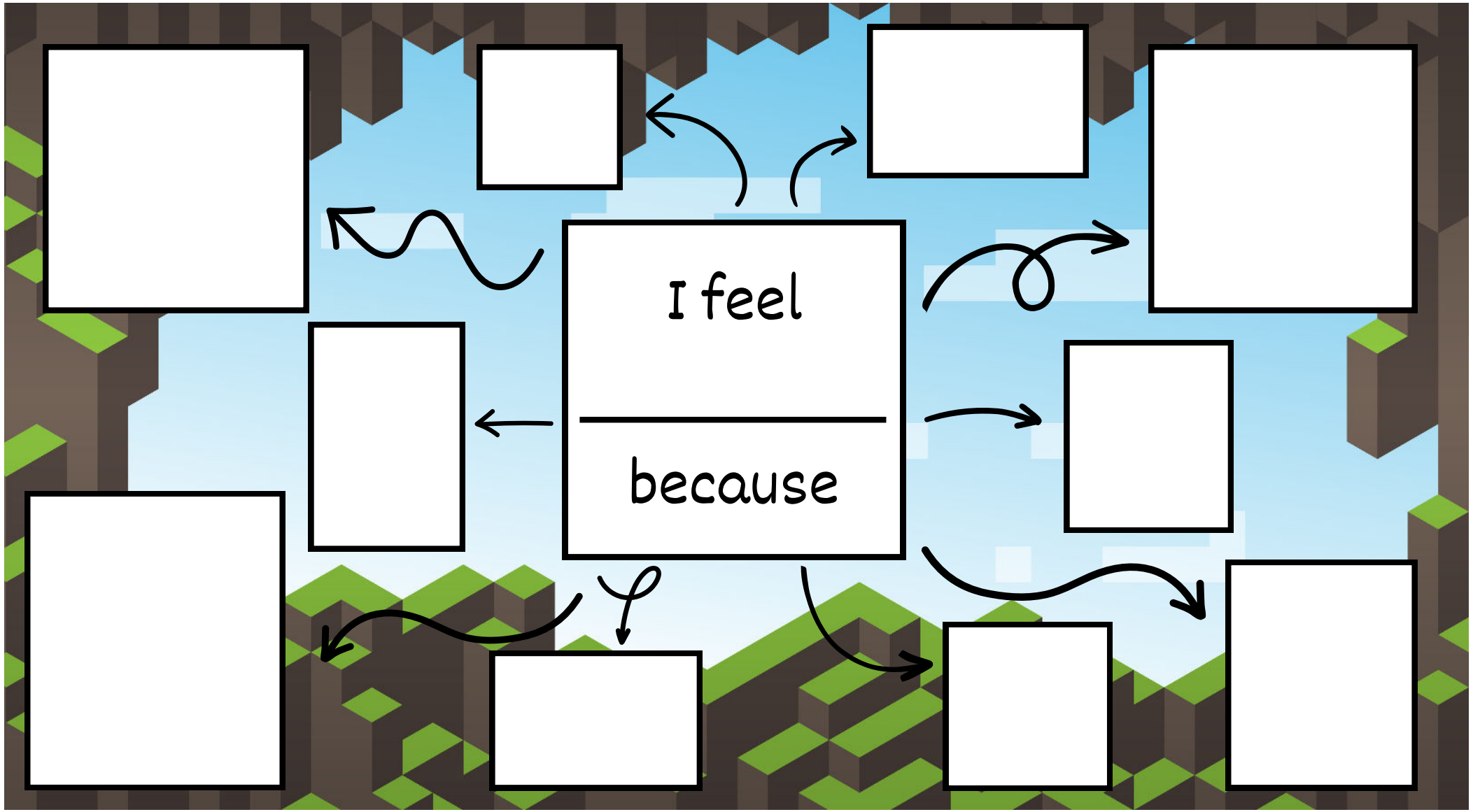
REASONS WHY I FEEL _____



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HOW ARE YOU FEELING TODAY?

Blue Zone

Sad
Tired
Sick
Bored
Feeling slow

Green Zone

Calm
Happy
Focused
Feeling okay
In control

Yellow Zone

Excited
Anxious
Nervous
Frustrated
Confused

Red Zone

Angry
Scared
Panic
I want to yell
I am not in control

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WHEN I FEEL ANGRY I CAN

Be Happy

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WHEN I FEEL SAD I CAN

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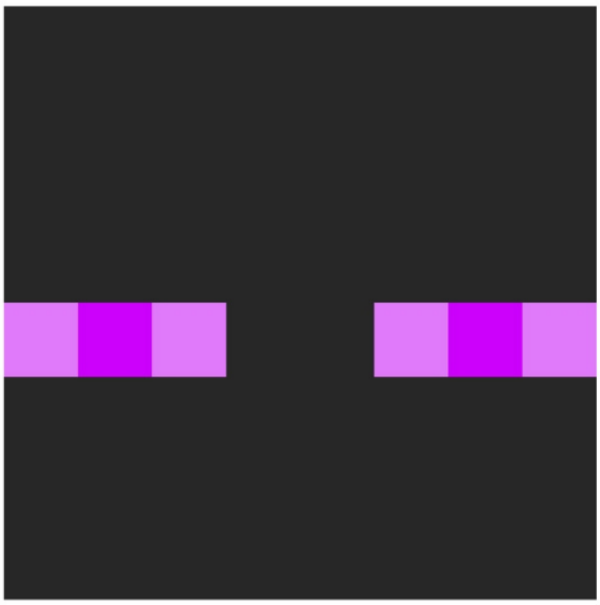
WHEN I FEEL WORRIED I CAN



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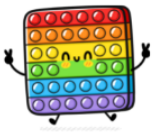
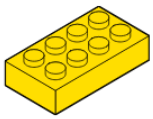
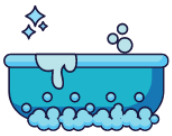
ASK FOR A HUG	TAKE A DEEP BREATH	SQUEEZE SOMETHING	COUNT TO 10
HAVE A DRINK	HUG A TOY	COUNT HEARTBEATS	SAY 'I AM CALM'
 GRAB A POP IT TOY	STRETCH	COLOUR	LISTEN TO MUSIC
GO TO A QUIET PLACE	TALK TO A GROWN UP	USE PLAY-DOH	GO OUTSIDE
TAKE A WALK	DOODLE	 PLAY WITH LEGO	WRITE ABOUT HOW I AM FEELING
MAKE SOMETHING	 HAVE A BATH	READ	DANCE
SING THE ALPHABET	DO STAR JUMPS	SMELL SOMETHING CALMING	DO A PUZZLE

Please remember to recycle me when you are finished with me.

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