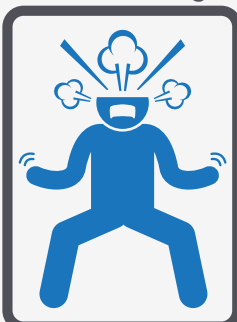


Feelings Scale with Calming Strategies

I am feeling...

This may look like...

I can try to...



- Screaming
- Hitting or kicking
- Throwing things
- Breaking things
- Being out of control

- Take a break
- Find a quiet space
- Do a breathing exercise
- Count down to calm
- Return to a 4



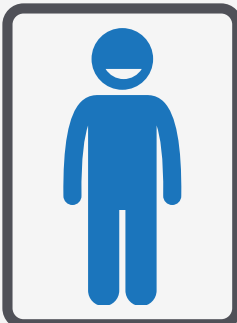
- Yelling
- Arguing
- Threatening
- Moving into another person's personal space

- Go for a walk
- Find a quiet space
- Do a breathing exercise
- Use a calm-down strategy
- Return to a 3



- Not following directions
- Using a loud voice
- Ignoring others
- Saying hurtful words or being unkind

- Use a fidget
- Do a breathing exercise
- Ask for help
- Think of something happy
- Return to a 2



- A calm body
- Being ready to learn or play
- Being ready to listen to others
- Using a calm voice

- Do my best
- Continue feeling good
- Earn a reward
- Learn something new
- Participate with others



- Low energy
- Feeling sad, lonely or bored
- Wanting to be away from others
- Crying
- Refusing to join in

- Talk to someone I trust
- Take a break or a rest
- Think of 3 good things
- Do something I enjoy, like colouring, drawing, a puzzle, or another quiet activity
- Return to a 2