

5 Point Scale

Rating	Looks Like	Feels Like	I Can...
5		I am Angry	I need adult help! I must keep my hands to myself.
4		I am Mad	I can ask for .. <ul style="list-style-type: none">• Help• Take a break• Walk• Listen to music
3		I am Frustrated	I can... <ul style="list-style-type: none">• Talk to my parents/adult• Thera-Putty• Walk/ space• Listen to music
2		I am Okay Fine	I can... <ul style="list-style-type: none">• Keep working• Play• Get a drink of water• Use squeeze ball
1		I am Calm Nice Happy	I can.. <ul style="list-style-type: none">• Have fun• Keep working