

My incredible 5 point scale

Rating	How I am feeling?	What can I do now?
5	Angry 	I will... <ul style="list-style-type: none"> Walk to a quiet space to calm down. Talking isn't helpful at this time.
4	Frustrated 	I will... <ul style="list-style-type: none"> Use my exit card Walk to see or someone in
3	Annoyed 	I will try to... <ul style="list-style-type: none"> Have a drink of water Stretch my back to help me feel relaxed Count to ten whilst taking deep breaths Speak to an adult
2	Ok 	I will try to... <ul style="list-style-type: none"> Concentrate on my work and learning.
1	Relaxed 	I will continue to... <ul style="list-style-type: none"> Concentrate on my work and learning.

Rating	What might make me feel this way?	How does my body or brain look?	What can I do now?
5	Nothing is working! I am out of control! I can't think!	Like being in a tidal wave. Screaming and maybe throwing things. I don't hear people talking to me.	Shut my eyes. Try to close mouth. Try to slow down my breathing. Give me space I need quiet.
4	Someone says something that makes me angry.	Shouting I sometimes shake. I feel mean.	Stop talking. Slow down your breathing to slow down your brain. Try to walk to a safe place.
3	There is a change I don't expecting. Someone tells me I am wrong.	Stomach starts to hurt. I start to have bad thoughts I think 'It's not fair'	Excuse myself and go to a safe place. Maybe go get a drink of water. Use my clam down bottle.
2	Things are going along as planned. I am getting my work done	My body is where it should be. I am in control of what I say. I prefer to be alone.	Hang in there. This is good. I can get some work done. I'm fine to be on my own
1	This is almost perfect. I got a good mark. Someone said something nice to me.	I am very calm and happy. I want to be with other children. My brain is full of good thoughts about people and things.	Relax. Smile. Enjoy the moment. Say nice things back to people.

Level	What might make me feel this way?	How does it make me feel?	What can I do now?
5	Spending a long time away from home.	I feel anxious I have no control	Home - have a hug School - count to 100 and take deep breaths
4	Leaving home	I feel scared Tears	Home - Reassure myself "it will be ok" School - Have a drink of water and take deep breaths
3	Small worries	I feel worried I feel Fuzzy Small bit of control	Use my 'calming to-do's' Talk to an adult. Use my worry flowchart
2	Learning	I feel in control Feel okay	Try to concentrate on my learning
1	Looking after my pets.	I feel happy, good, and relaxed. I don't even have to think	Continue to do what I do.

An adapted version of Kari Dunn Buron (2013) *When My Worries Get Too Big! A Relaxation Book for Children Who Live With Anxiety*. USA. AAPC Publishing.

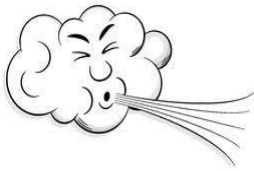
My Calming to-do's



Have a drink of water



Take deep breaths



Count to 100 or 1000



Reassure myself

"It will be ok"



Talk to an adult



Do an activity I enjoy



Spend time with my pets



Have a hug



Explore nature

