

# 5-Point Scale (Anxiety)

## Feels Like

## What I can do

<b>5</b>	I'm going to breakdown (cry, begin pacing and bang my head).	I can leave the room with permission and go to home base.
<b>4</b>	My stomach is starting to hurt and I'm having difficulty concentrating.	I can ask to talk privately to an adult. I can listen to my iPod with calming music (headphones).
<b>3</b>	I'm feeling uneasy and I'm starting to sweat.	I can refer to my coping cards and use deep breathing.
<b>2</b>	I feel ok. I can handle the situation.	Self-talk and reassure myself that I can do it!
<b>1</b>	I feel great. No problem!	Smile and relax!