

# 5-Point Scale (Upset)

Using Special Interest- Animals

	How I Feel	How It Looks	What I Can Try to Do
5	I am going to blow up like a roaring lion		I can let an adult know I am at a 5 and need to take a walk and talk.
4	I am getting angry like a zebra protecting itself		I can go to my in-class home base and do my relaxation exercises or write in my journal.
3	I feel a little nervous like a monkey chattering when feeling danger		I can squeeze my stress ball. I can do 4-7-8 breathing.
2	I feel ok like an elephant walking with the herd		I am learning to control myself. Keep doing what I'm doing. Yay me!
1	I feel calm like a purring kitty		I'm relaxed and enjoying the feeling!