

5-Point Scale (Anxiety)

	Feels Like	What I can do
5	I'm going to breakdown (cry, begin pacing and bang my head.	I can leave the room with permission and go to home base.
4	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).
3	I'm feeling uneasy and I'm starting to sweat.	I can refer to my coping cards and use deep breathing.
2	I feel ok. I can handle the situation.	Self-talk and reassure myself that I can do it!
1	I feel great. No problem!	