

Stress Thermometer

Family Example

Most Stressed Ever

What I Look Like

When attending my sister's recital and sitting quietly

When I go grocery shopping with my family

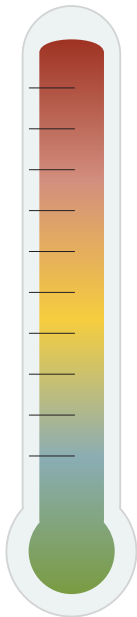
When my family eats dinner at a different time

What I Can Do

Squeeze my stress ball
Use my tangle fidget

Wear earbuds and listen to my music

Read social narrative on schedule changes



— No Stress —