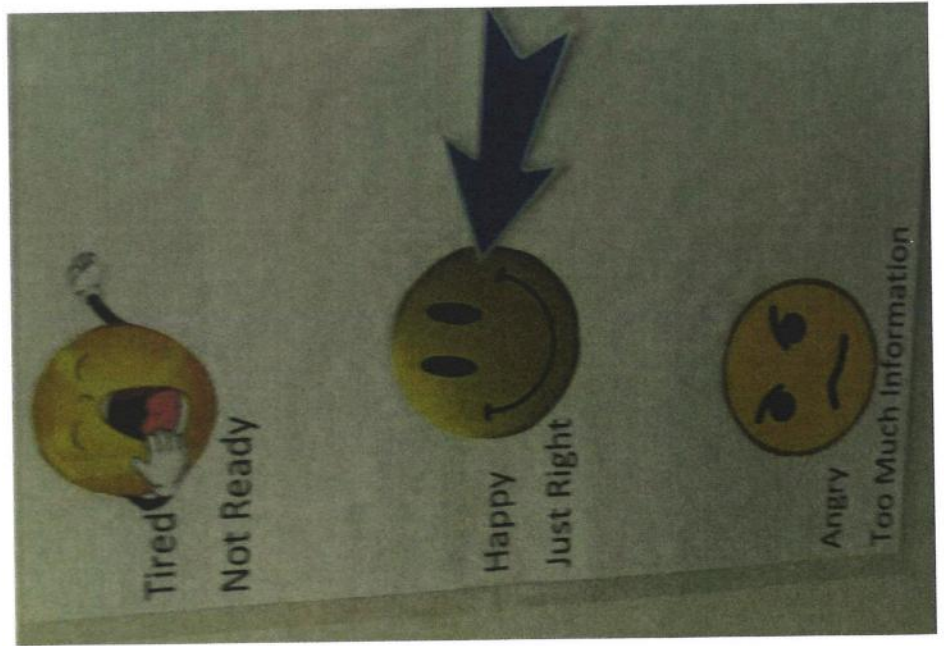




Regulating Emotions

Taken from 'The Incredible 5-Point Scale'
by Kari Dunn Buron and Mitzi Curtis →



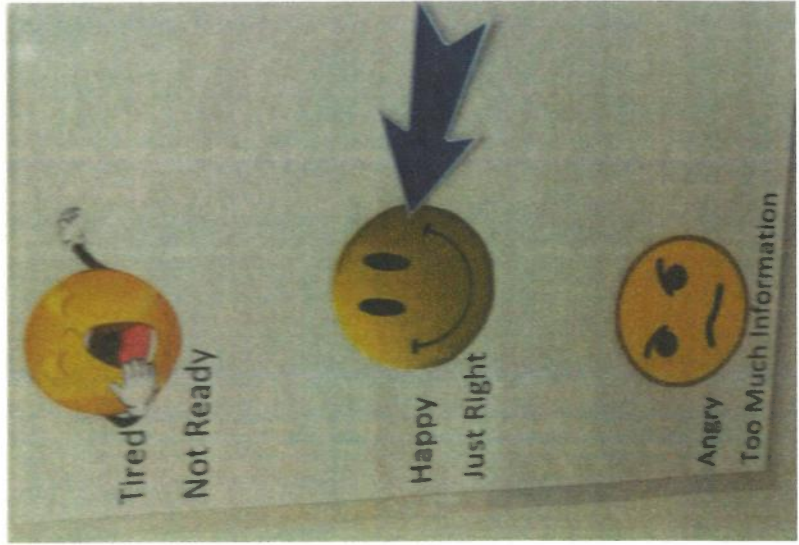
Name: David My Scared/Afraid/Trembling Scale

Rating Looks/Sounds like Feels like Safe people can help/I can try to

5	 Wide-eyed, maybe screaming, and running, crying.	I am going to explode if I don't do something.	I will need an adult to help me leave. Help!
4	 Threaten others or bump them.	People are talking about me. I feel irritated, mad.	Close my mouth and hum. Squeeze my hands. Leave the room for a walk.
3	You can't tell I'm scared. Jaw clenched.	I shiver inside.	Write or draw about it. Close my eyes.
2	I still look normal.	MY stomach gets a little queasy.	slow my breathing. Tell somebody safe how I feel.
1	Normal - You can't tell by looking at me.	I don't know, really.	ENJOY IT!

Emotional Regulation

How do you feel?



Work on basic emotions and scaling using words in the same set of emotions. This is linked to his own experiences and emotions.

