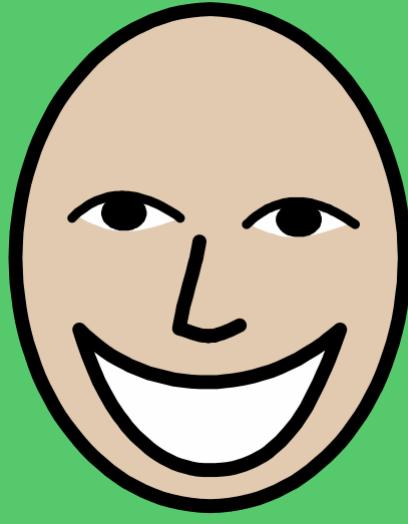


5 Point Scale Strategies

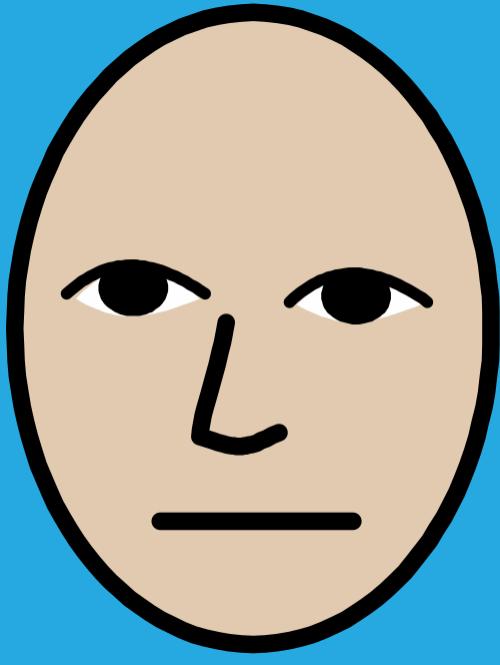


When I am feeling a 1

When I am feeling
happy

I can...

5 Point Scale Strategies

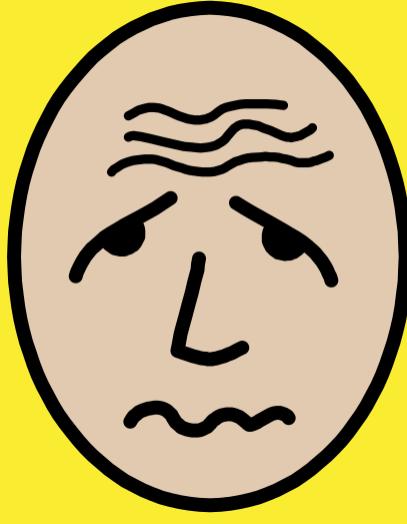


When I am feeling a 2

When I am feeling ok

I can...

5 Point Scale Strategies



When I am feeling a 3

When I am feeling
worried or unsettled

I can...

5 Point Scale Strategies



When I am feeling a 4

When I am feeling
stressed out

I can...

5 Point Scale Strategies



When I am feeling a 5

When I am feeling like I
can't take it anymore

I can...