







Example of a 5 Point Scale

Emotional Level		Names of emotions I might be feeling...	What this looks like for (student)...	(What this looks like for Taylor...)	What I can do to feel better...	
						
5	<p>I can't do this, I need a lot of help</p> 	<p>Anger, rage, despair, extreme distress or pain, total confusion</p>	<ul style="list-style-type: none"> - sometimes I depersonalise, disassociate, 'go out of my body' - screaming - shouting - I feel really hot - I get headaches - I get really bad pain in my left shoulder - I hear stuff – a loud whispering 	<ul style="list-style-type: none"> - hitting a car with a golf club - kicking - screaming - shouting - setting ex-boyfriend's stuff on fire - big old cry 	<ul style="list-style-type: none"> - listen to Taylor Swift - play bananagrams - cuddle with Kate - read Taylor's poems - run my fingers through my rice - use my weighted blanket - keep my eyes open... - Use the 5, 4, 3, 2, 1 strategy - Use ice – on skin and to chew on 	
4	 <p>Feeling upset, I need help</p>	<p>frustration, anxious, irritated, scared, confusing, panic</p>	<ul style="list-style-type: none"> - go quiet - crying - fidgety - want to hide 	<ul style="list-style-type: none"> - raises voice – louder than normal - crying - shaky 	<ul style="list-style-type: none"> - reading (familiar faves The Bell Jar, Sense and Sensibility) - listening to Taylor - going on a drive, the car feels safe, I like the feeling of moving - weighted blanket - keeping my eyes open - the 5, 4, 3, 2, 1 - ice – on skin and to chew on - swimming 	

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					<ul style="list-style-type: none"> - asking someone to explain things more clearly - look through Flo's activity book, mum's card, my journals
3	 <p>something's wrong, but I still know what to do about it...</p>	unsettled, preoccupied	<ul style="list-style-type: none"> - fidgety - tense in my neck - start tidying (if I don't know what's wrong, it might be that something's in the wrong place..) 	-	<ul style="list-style-type: none"> - play with sensory toys – I love them - weighted blanket - swimming - look through Flo's activity book, mum's card, my journals
2	 <p>pretty good</p>	calm, safe, in control	<ul style="list-style-type: none"> - laughing - like I can chat, like I have things to say - worries still there a little bit 	<ul style="list-style-type: none"> - calm - quite relaxed - maybe a smile - ready to go 	<ul style="list-style-type: none"> - weighted blanket - roll down a hill
1	 <p>feeling great</p>	feeling safe, euphoric, happiness, excitement	<ul style="list-style-type: none"> - laughing - dancing - smiling - feel like I'm invincible 	<ul style="list-style-type: none"> - dancing - laughing - smiling - makes pun jokes - confident, relaxed 	<ul style="list-style-type: none"> - enjoy!