

FEELINGS SCALE + COPING SKILLS

AGITATED
ANGRY
DEVASTATED
FRIGHTENED
FURIOUS
JEALOUS
STRESSED OUT



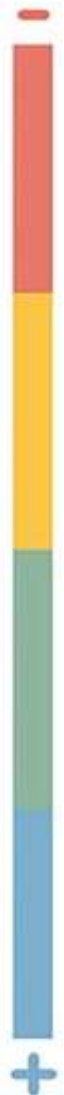
CONFUSED
EMBARRASSED
EXCITED
IRRITATED
NERVOUS
SILLY
WORRIED



CONFIDENT
FINE
FOCUSED
HAPPY
HOPEFUL
PEACEFUL
PROUD



BORED
DISAPPOINTED
LONELY
SAD
SHY
SICK
TIRED



HOW DO YOU ACT?	WHAT CAN YOU DO ABOUT IT?		
ARGUING, REFUSING TANTRUM, SHUTTING DOWN, YELLING, STOMPING	STOP, AND WALK AWAY TAKE DEEP BREATHS	1 2 3 4 COUNT TO 10 OR 100 TELL AN ADULT MOVE YOUR BODY OR EXERCISE	TAKE A NAP PRACTICE GROUNDING TECHNIQUES
AVOIDING, PACING, CLINGY, HYPER SHUTTING DOWN, OVERSTIMULATED	TAKE DEEP BREATHS TAKE A BREAK PAUSE, AND ASK FOR HELP	USE POSITIVE SELF-TALK RELAX AND TRY AGAIN	TENSE & RELAX YOUR MUSCLES THINK OF A PEACEFUL PLACE
SMILING, RELAXED, LAUGHING, ENGAGED, PAYING ATTENTION, ENJOYING YOURSELF	SMILE & PRACTICE GRATITUDE HELP SOMEONE ELSE	USE POSITIVE & KIND WORDS TAKE STEPS TOWARDS YOUR GOALS EXERCISE	KEEP LISTENING WRITE ABOUT YOUR SUCCESSSES
WITHDRAWN, DISENGAGED, CRYING, DEPRESSED, SLOW DOWN, UNDERSTIMULATED	GET OR GIVE A HUG TALK TO FRIENDS OR FAMILY GET SOME FRESH AIR	STRETCH LISTEN TO MUSIC	MOVE YOUR BODY OR EXERCISE DO A HOBBY YOU ENJOY