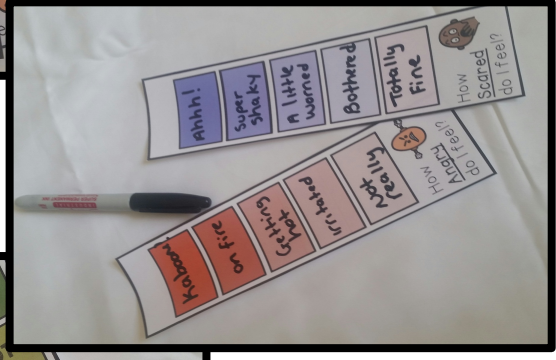


# Emotion scales

How angry am I?

90 Emotion  
scale cards  
X2 sizes

180 Emotion  
scale cards  
total



Individual Feelings Thermometers

# Contents

(90 Large emotion scale cards)

18 large blank 5 color scale emotion cards

18 large labeled 5 color scale emotion cards

18 Large numbered (1-5) colored scale emotion cards

18 Large numbered (1-5) colored scale emotion cards- portrait

18 Large descriptive color 5 scale emotion cards

(90 Small emotion scale cards)

18 Small blank 5 color scale emotion cards

18 large labeled 5 color scale emotion cards

18 Small numbered (1-5) colored scale emotion cards

18 Small numbered (1-5) colored scale emotion cards- portrait

18 Small descriptive color 5 scale emotion cards

The 18 specific emotions included are:

Angry

Mad

Happy

Upset

Silly

Lonely

Proud

Excited

Confused

Sick

Jealous

Excited

Frustrated

Disappointed

Embarrassed

Worried

Scared

Calm

# Directions

Print out your desired emotion cards. Laminate and attach with either a book ring, lanyard, wristlet etc



Different versions of the emotion scales are provided.

Students can use the simple color scale (light color indicating a low level of that emotion- deep/ bold color indicating a high level within that emotion).

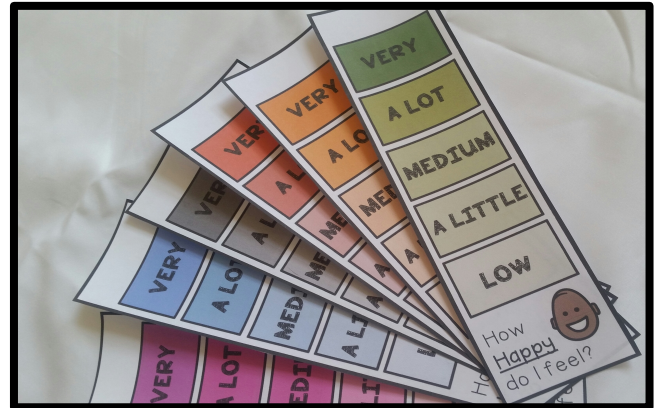


Additional supports with the scales utilize numbers (1 indicating low level of the emotion- 5 indicating high level).

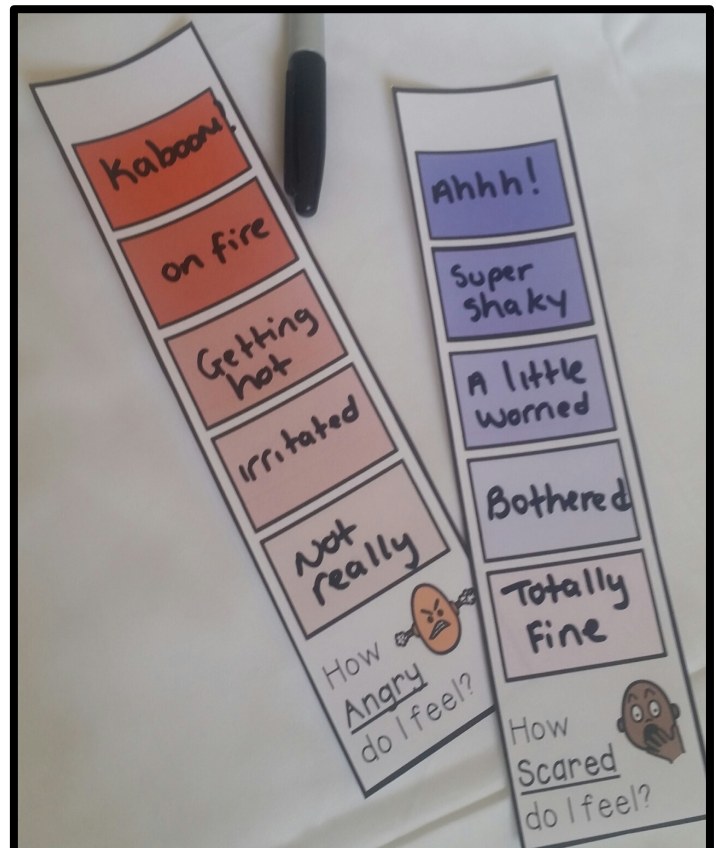


# Directions

Further supports include a simple word label to describe the level of the emotion as well as a more detailed description of how the different levels of emotion may feel.



Alternatively, students can write their own description of the different levels the feel within that emotion.

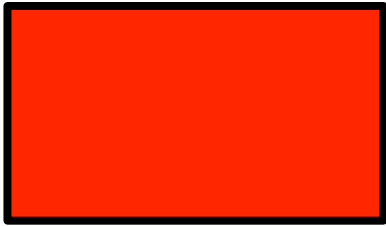


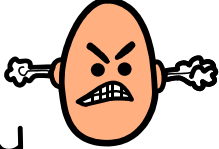
# Directions

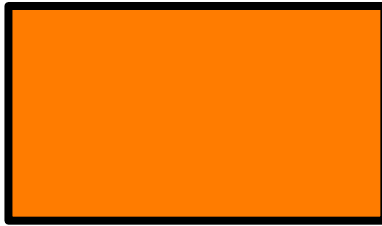
The scales are intended to be portable so they can be with your student at all times.

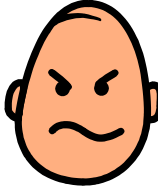
Students can indicate that they may be feeling a negative emotion by walking up to an adult (or raising their hand to get an adult's attention) showing the appropriate card and pointing the level/color/number that they are feeling.

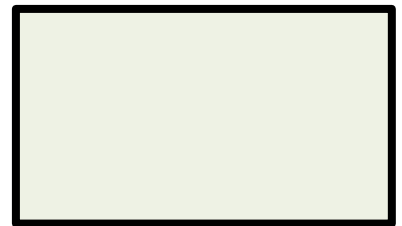
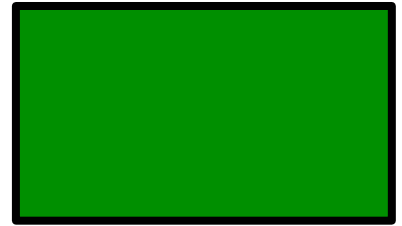
This is also a useful tool for adults to utilize to check in on how a student is coping and feeling. A student's body language may indicate distress, so you can then use this cue to ask the student how they are feeling (or if you think they are started to get frustrated/mad...you can ask them to "show me how mad you feel right now" while simultaneously presenting the 'mad/frustrated' level scale. Alternatively you can also use it to see how happy a student feels about a situation...their body language may not always indicate that they are happy or enjoying an activity (even when they are happy), so this is a good way to check in with them to measure not only their negative but also their positive emotions. I've also found this to be a great tool when a student is feeling sad and will not respond verbally to me. I ask questions such as "how happy would you feel if you could play with Joey" or "how happy would it make you if you could choose the game next etc". You can also use this to probe possible reactions to future events "eg, how scared would you feel during a fire drill" or "how lonely would you feel if your best friend was out sick".



How   
Angry  
do I feel?

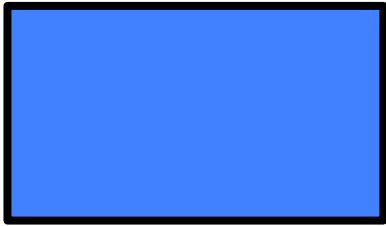


How   
Mad  
do I feel?

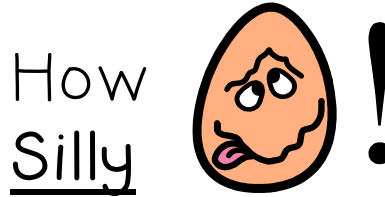
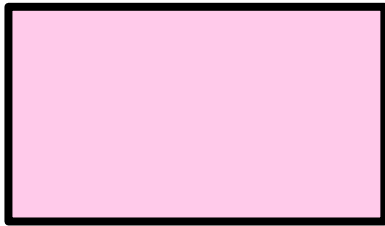
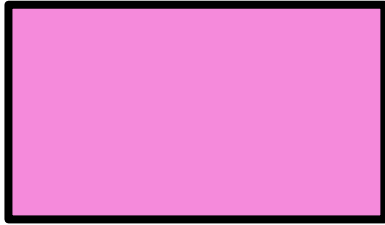
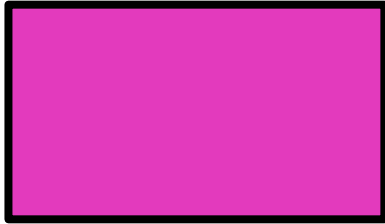
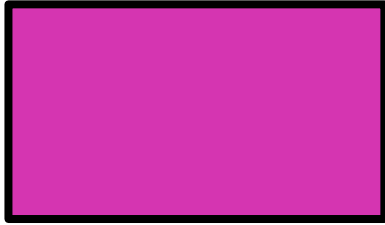
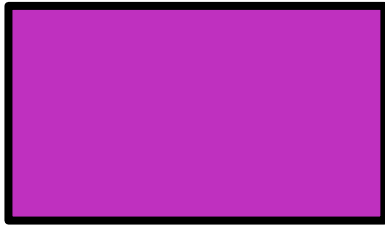


How   
Happy  
do I feel?

Blank color cards- large



How  
Upset  
do I feel?

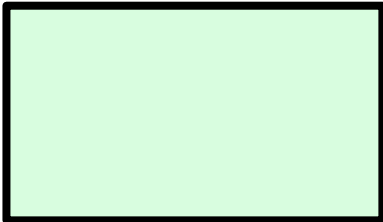
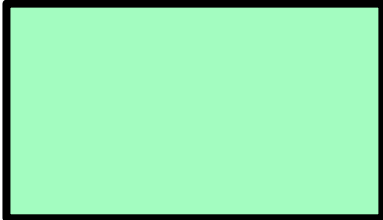


How  
Silly  
do I feel?



How  
Lonely  
do I feel?

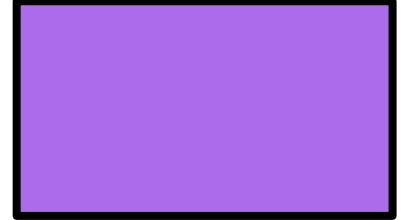
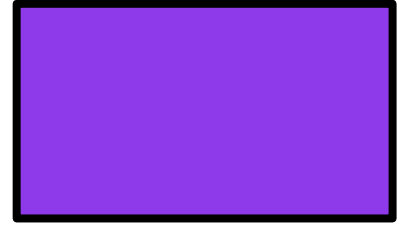
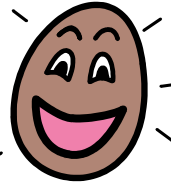
Blank color cards- large



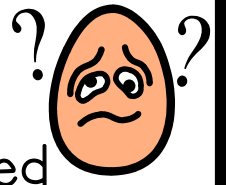
How  
Proud  
do I feel?



How  
Excited  
do I feel?

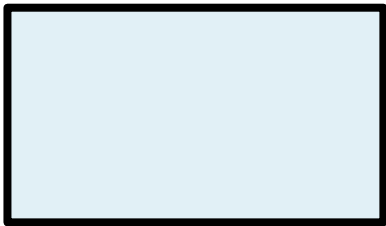


How  
Confused  
do I feel?

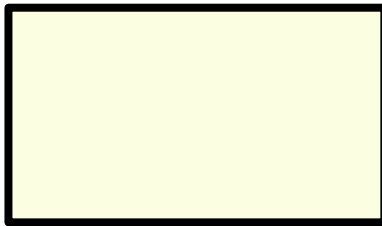
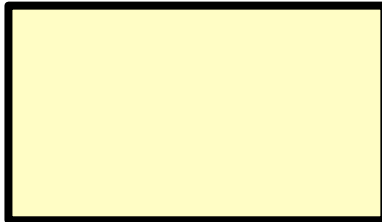
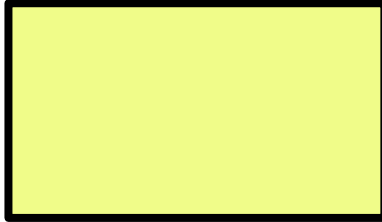
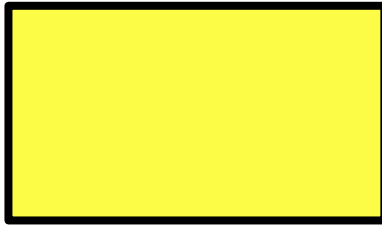


Blank color cards- large

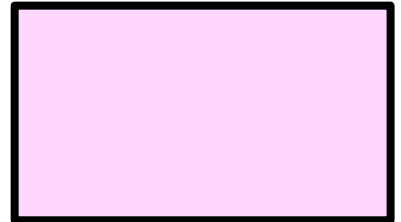
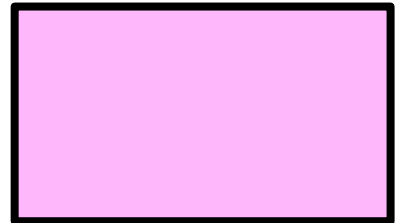
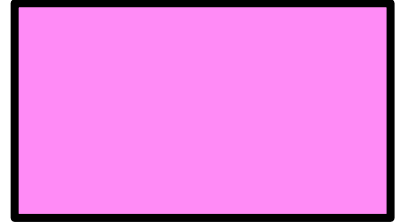
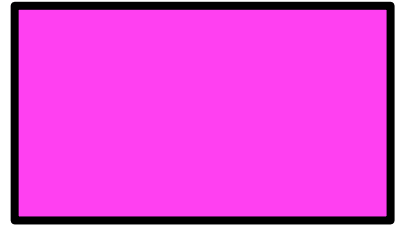
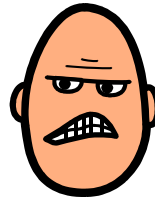




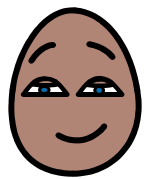
How  
Sick  
do I feel?



How  
Jealous  
do I feel?



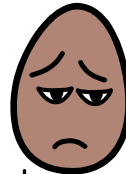
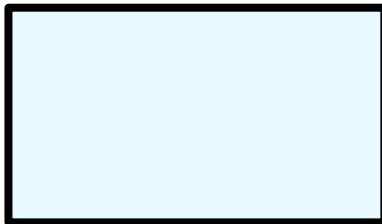
How  
Friendly  
do I feel?



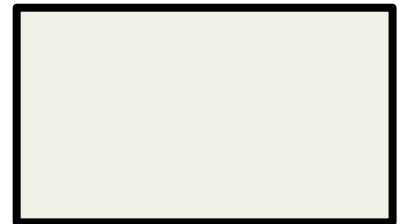
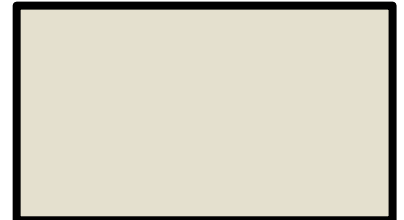
Blank color cards- large



How  
Frustrated  
do I feel?



How  
Disappointed  
do I feel?

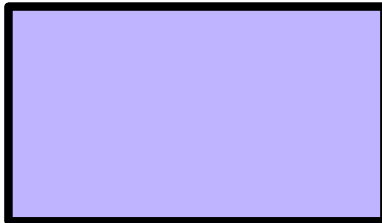
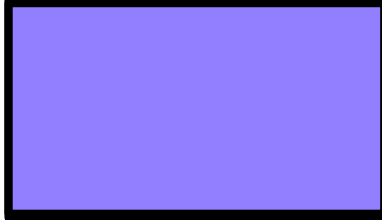
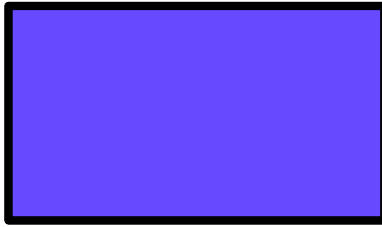
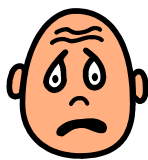


How  
Embarrassed  
do I feel?

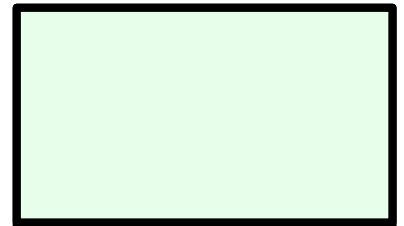
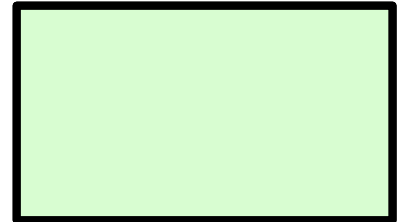
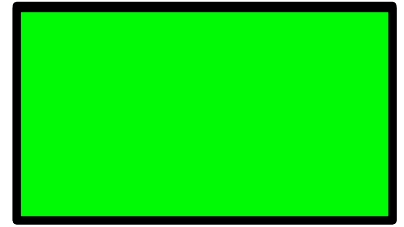
Blank color cards- large



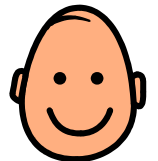
How  
Worried  
do I feel?



How  
Scared  
do I feel?



How  
Calm  
do I feel?



Blank color cards- large

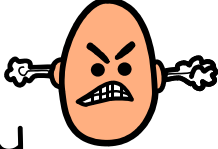
VERY

A LOT

MEDIUM

A LITTLE

LOW

How  Angry  
do I feel?

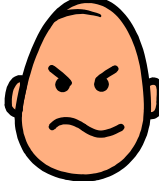
VERY

A LOT

MEDIUM

A LITTLE

LOW

How  Mad  
do I feel?

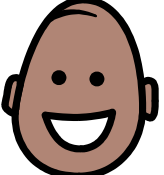
VERY

A LOT

MEDIUM

A LITTLE

LOW

How  Happy  
do I feel?

Labeled color cards- large

VERY

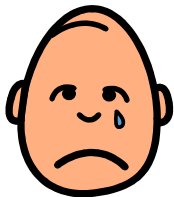
A LOT

MEDIUM

A LITTLE

LOW

How  
Upset



do I feel?

VERY

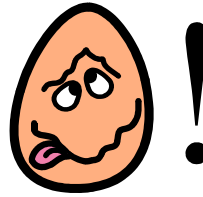
A LOT

MEDIUM

A LITTLE

LOW

How  
Silly



do I feel?

VERY

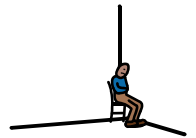
A LOT

MEDIUM

A LITTLE

LOW

How  
Lonely



do I feel?

Labeled color cards- large


VERY

A LOT

MEDIUM

A LITTLE

LOW

How Proud  do I feel?

VERY

A LOT

MEDIUM

A LITTLE

LOW

How Excited  do I feel?

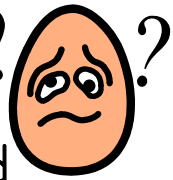
VERY

A LOT

MEDIUM

A LITTLE

LOW

How Confused  do I feel?

Labeled color cards- large

VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Sick

do I feel?



VERY

A LOT

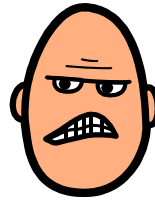
MEDIUM

A LITTLE

LOW

How  
Jealous

do I feel?



VERY

A LOT

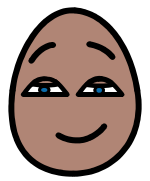
MEDIUM

A LITTLE

LOW

How  
Friendly

do I feel?



Labeled color cards- large

VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Frustrated  
do I feel?



VERY

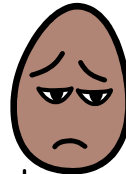
A LOT

MEDIUM

A LITTLE

LOW

How  
Disappointed  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Embarrassed  
do I feel?



Labeled color cards- large



VERY

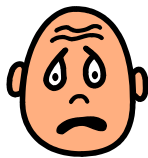
A LOT

MEDIUM

A LITTLE

LOW

How  
Worried  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Scared  
do I feel?



VERY

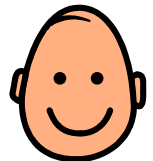
A LOT

MEDIUM

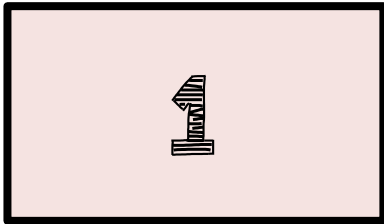
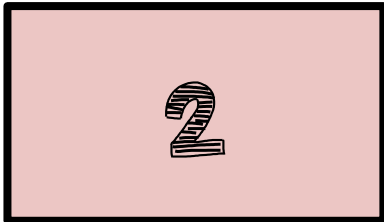
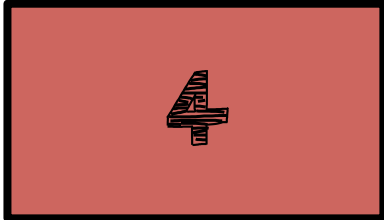
A LITTLE

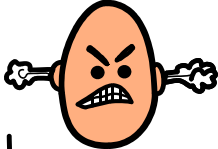
LOW

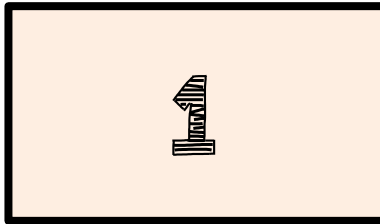
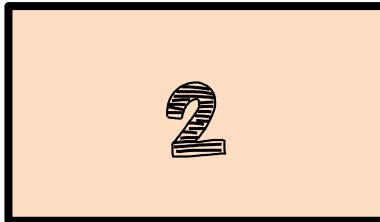
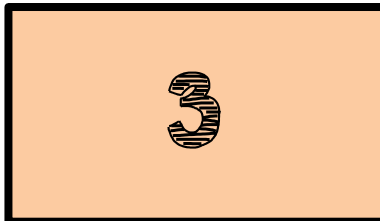
How  
Calm  
do I feel?

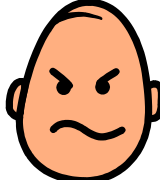


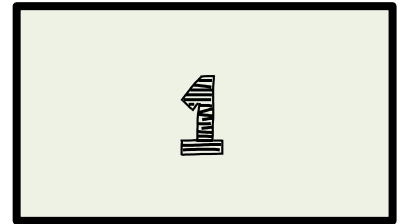
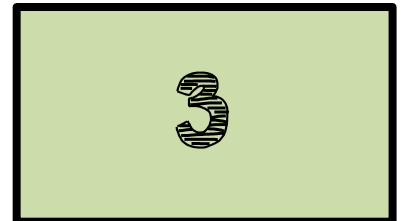
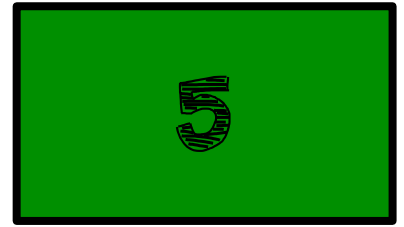
Labeled color cards- large

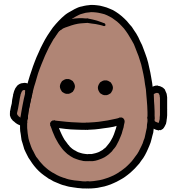


How   
Angry  
do I feel?

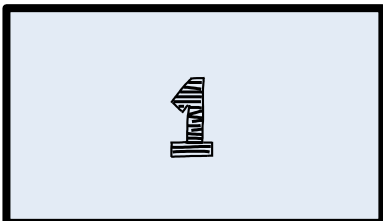
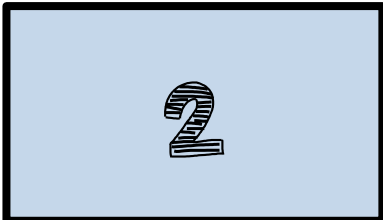
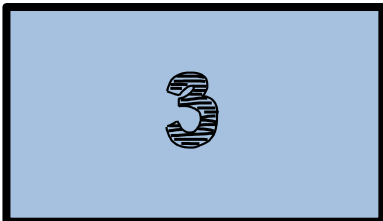
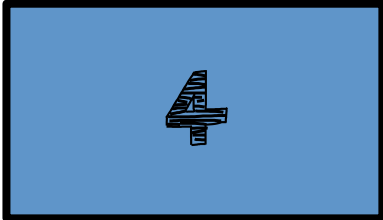


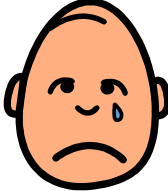
How   
Mad  
do I feel?

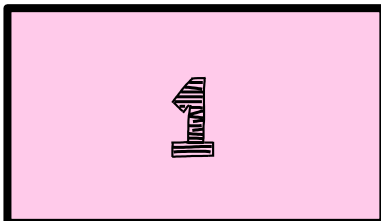
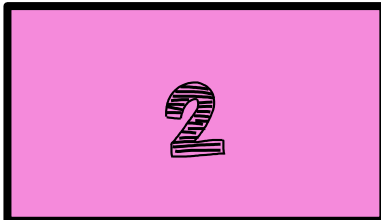
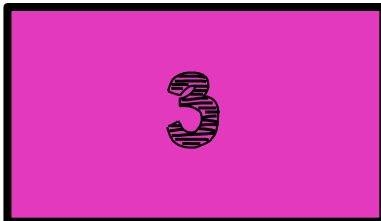
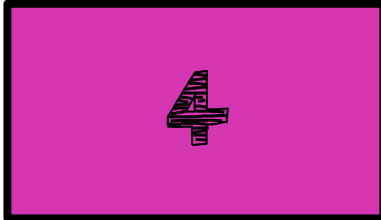


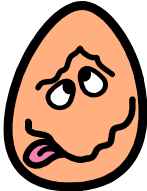
How   
Happy  
do I feel?

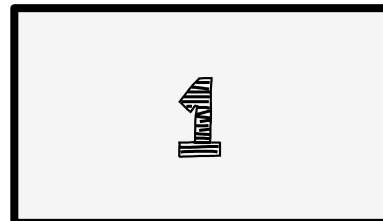
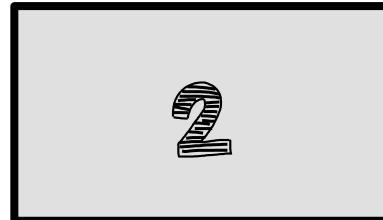
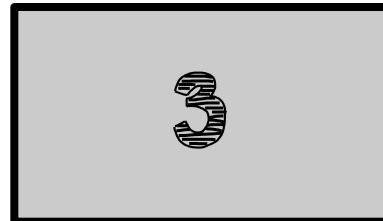
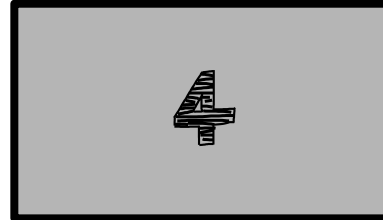
Numbered color cards- large- portrait




How  Upset  
do I feel?



How  Silly !  
do I feel?



How  Lonely  
do I feel?

Numbered color cards- large- portrait

5

4

3

2

1

How  
Proud  
do I feel?



5

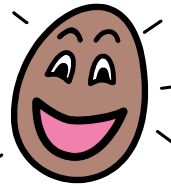
4

3

2

1

How  
Excited  
do I feel?



5

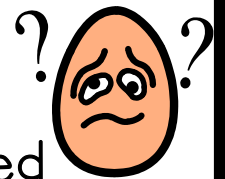
4

3

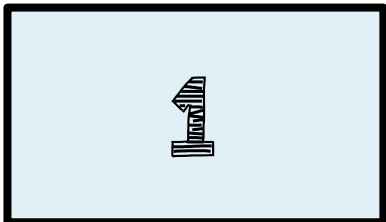
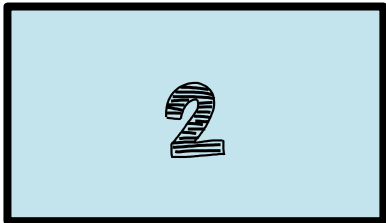
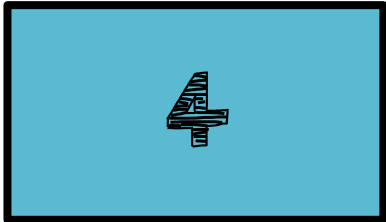
2

1

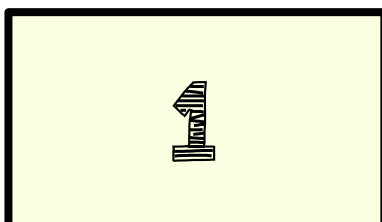
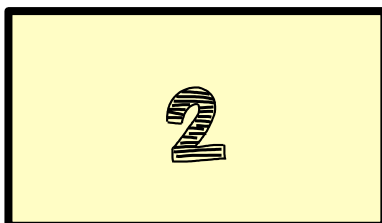
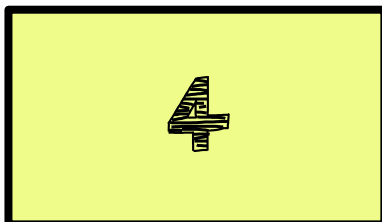
How  
Confused  
do I feel?



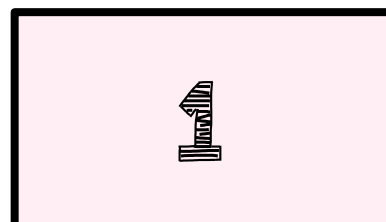
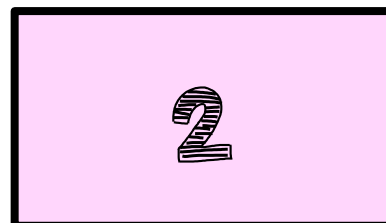
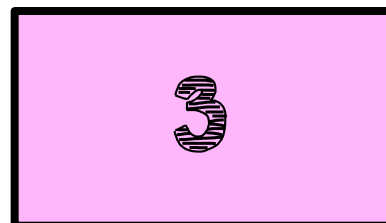
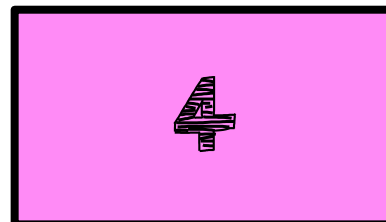
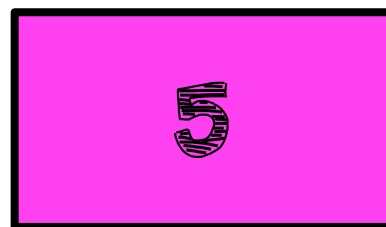
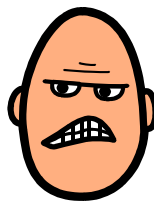
Numbered color cards- large- portrait



How  
Sick  
do I feel?



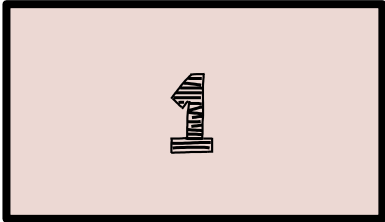
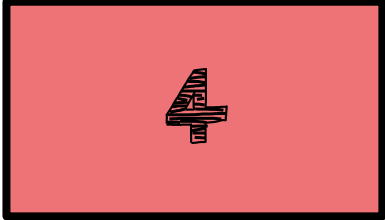
How  
Jealous  
do I feel?



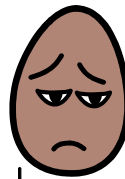
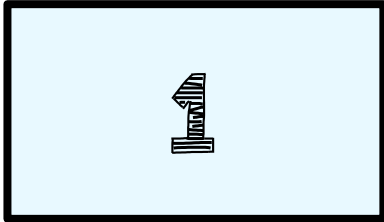
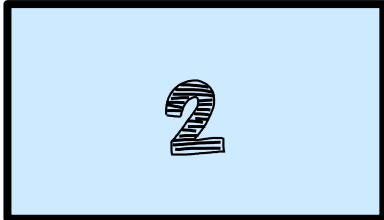
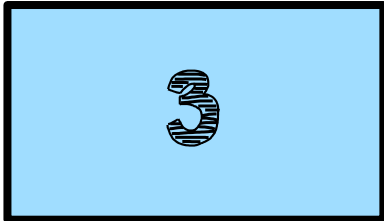
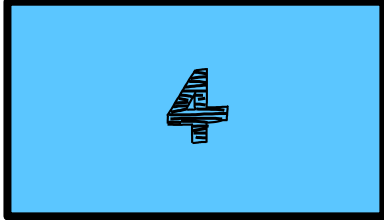
How  
Friendly  
do I feel?



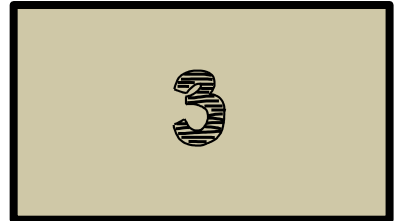
Numbered color cards- large- portrait



How  
Frustrated  
do I feel?

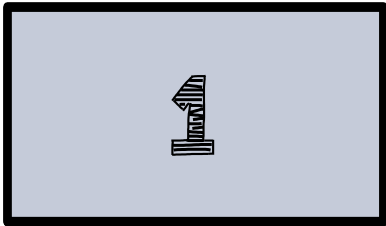
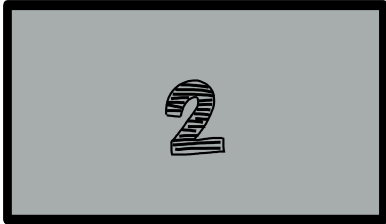
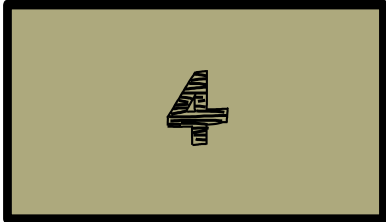


How  
Disappointed  
do I feel?

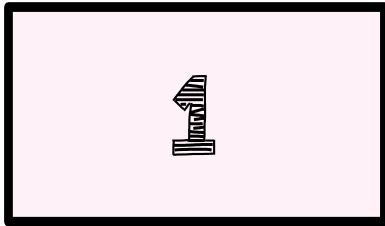
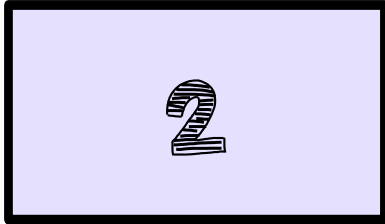
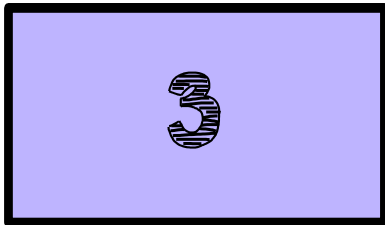
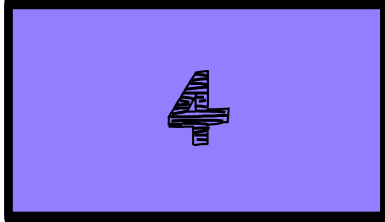
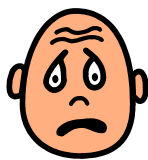


How  
Embarrassed  
do I feel?

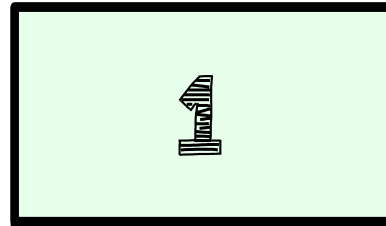
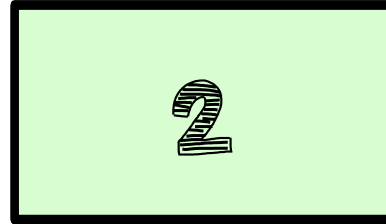
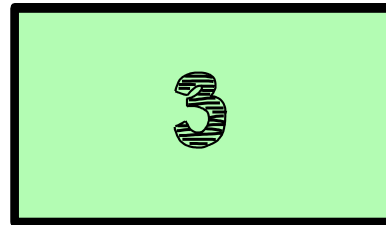
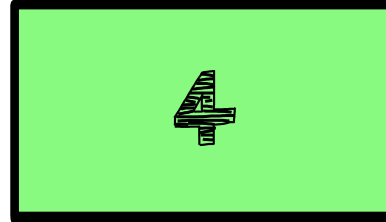
Numbered color cards- large



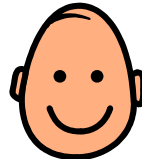
How  
Worried  
do I feel?



How  
Scared  
do I feel?

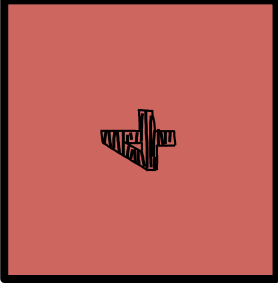
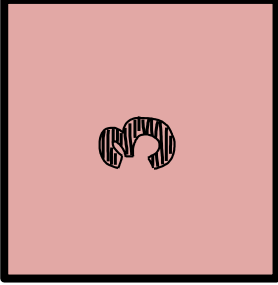
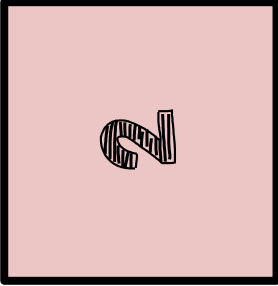
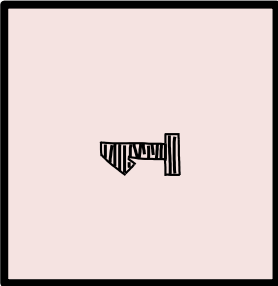


How  
Calm  
do I feel?

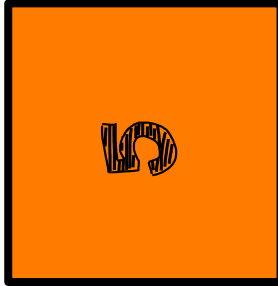
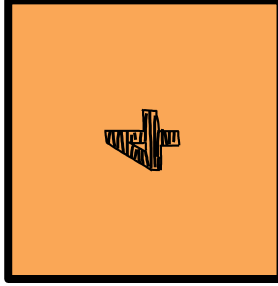
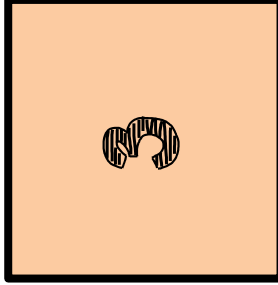
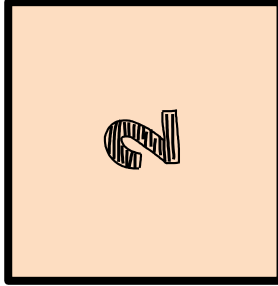
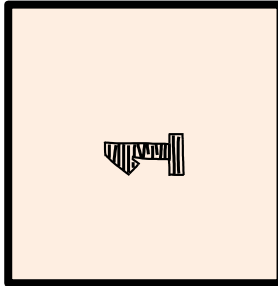


Numbered color cards- large

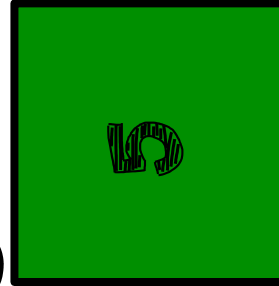
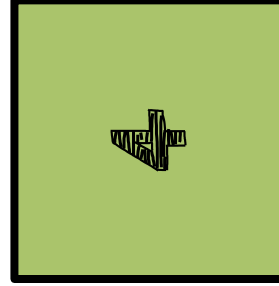
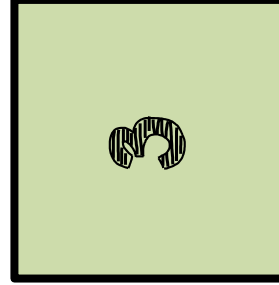
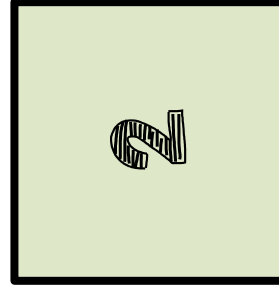
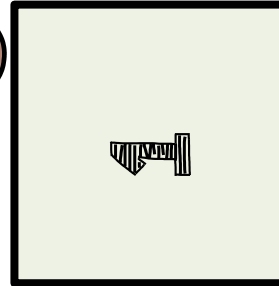
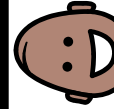
How Angry do I feel?



How Mad do I feel?

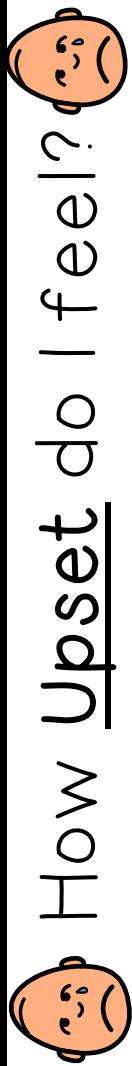


How Happy do I feel?

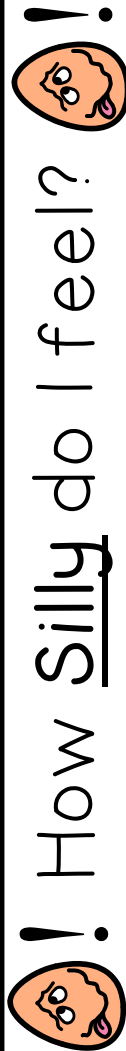
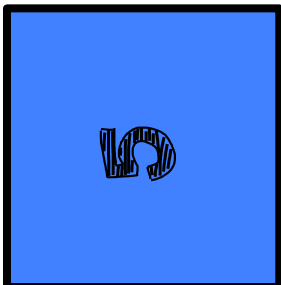
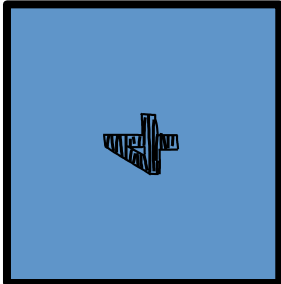
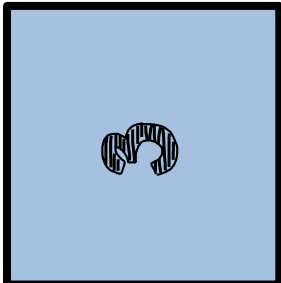
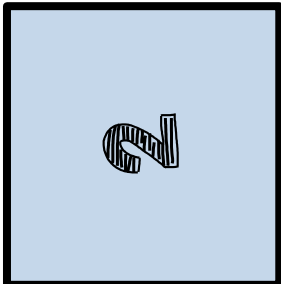
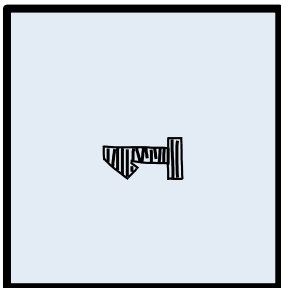


Numbered color cards- large- landscape

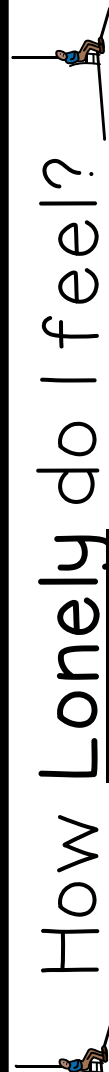
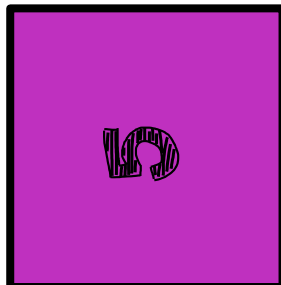
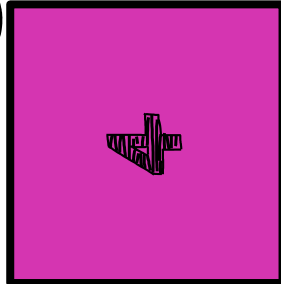
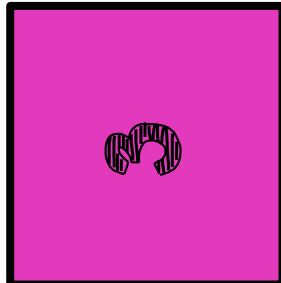
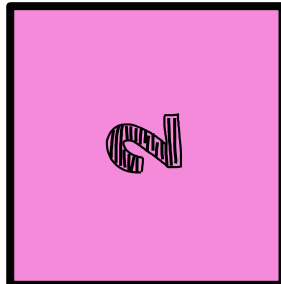
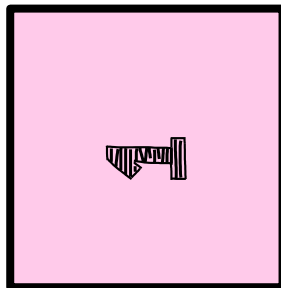




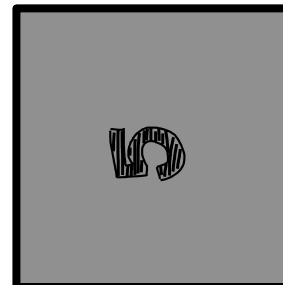
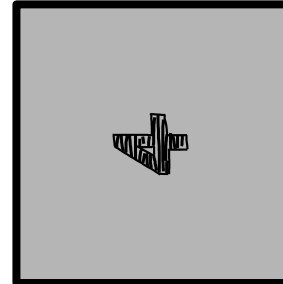
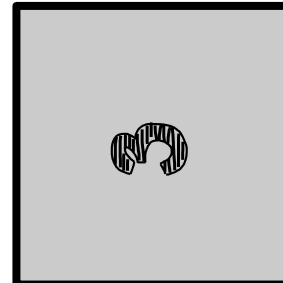
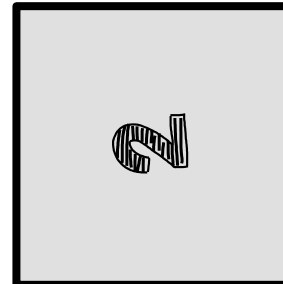
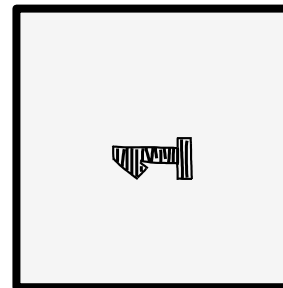
How Upset do I feel?



How Silly do I feel?



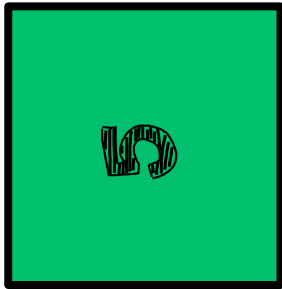
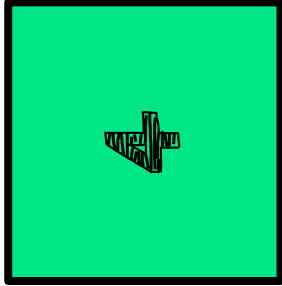
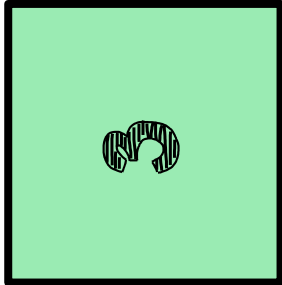
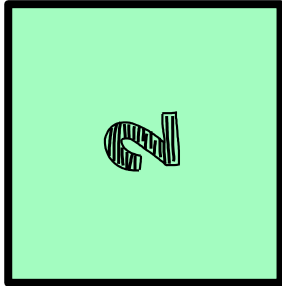
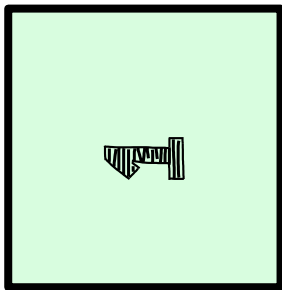
How Lonely do I feel?



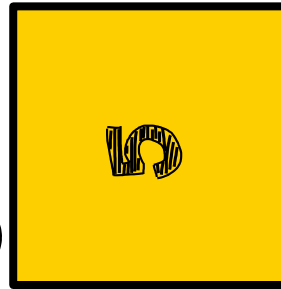
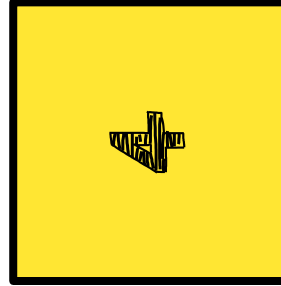
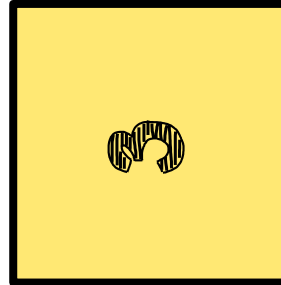
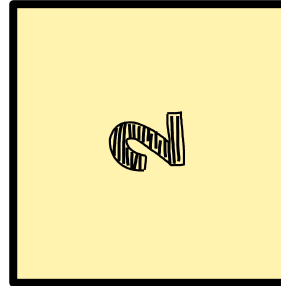
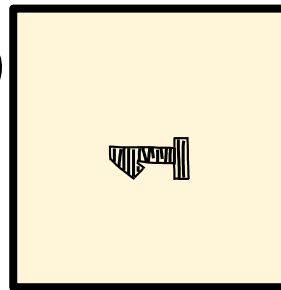
Numbered color cards- large- landscape



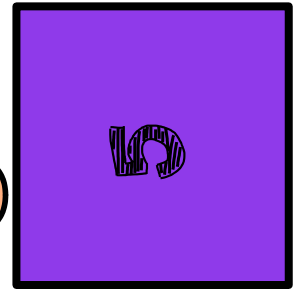
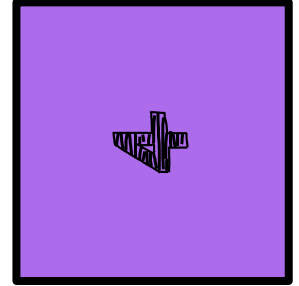
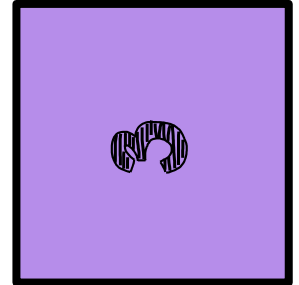
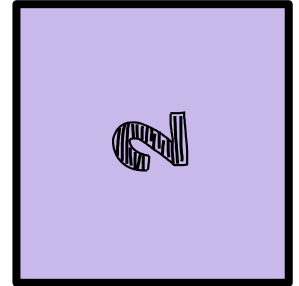
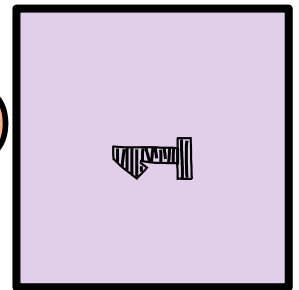
How Proud do I feel?



How Excited do I feel?

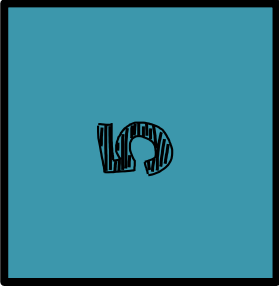
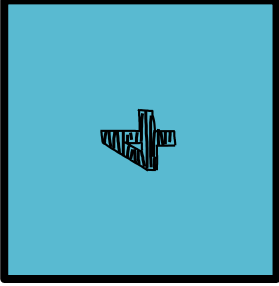
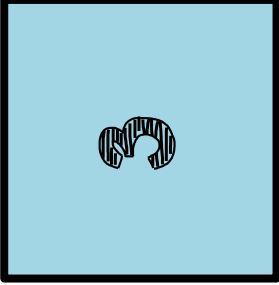
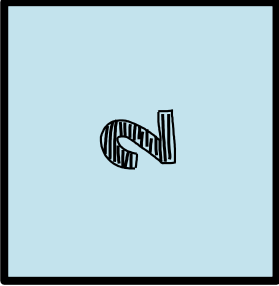
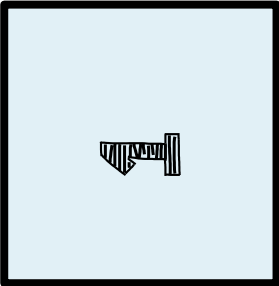


How Confused do I feel?

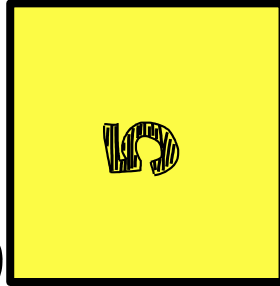
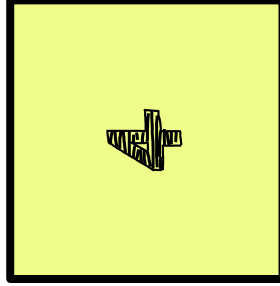
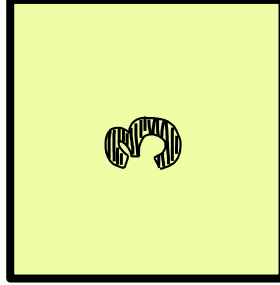
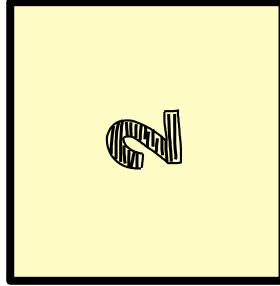
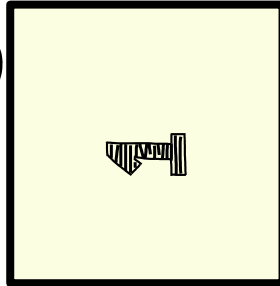
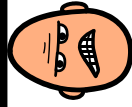


Numbered color cards- large- landscape

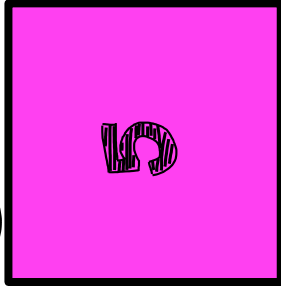
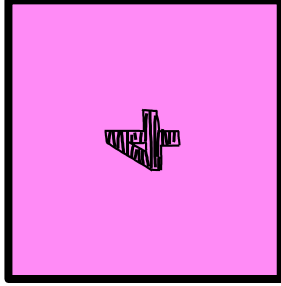
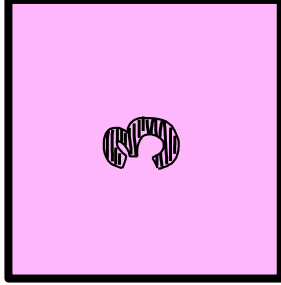
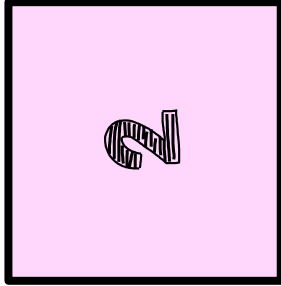
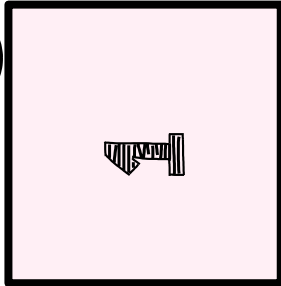
How Sick do I feel?



How Jealous do I feel?

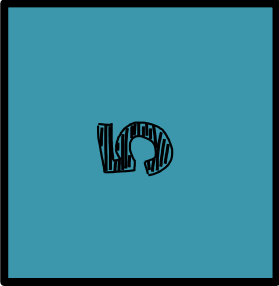
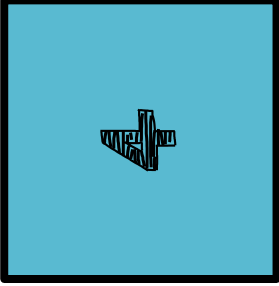
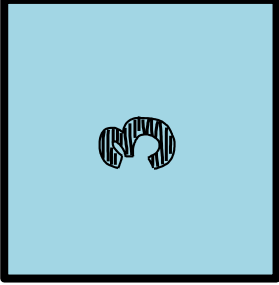
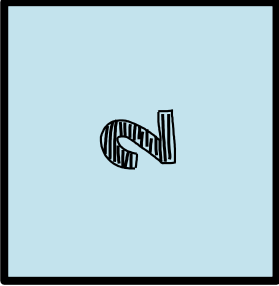
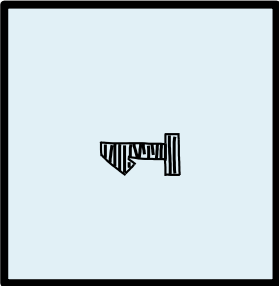


How Friendly do I feel?

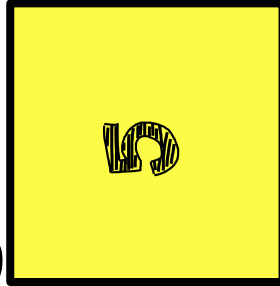
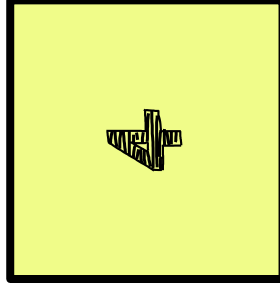
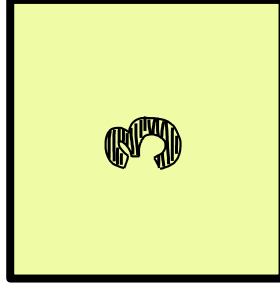
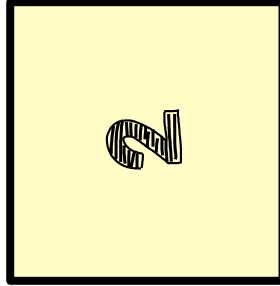
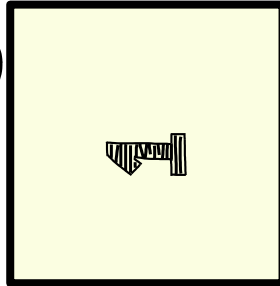
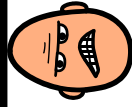


Numbered color cards- large- landscape

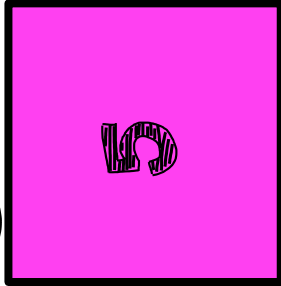
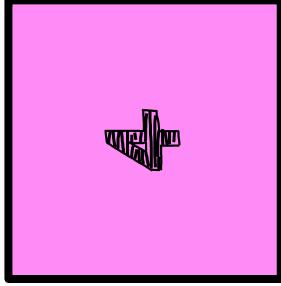
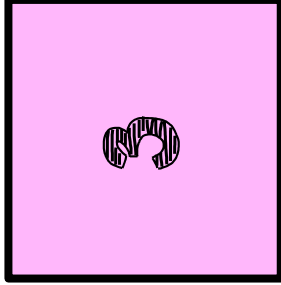
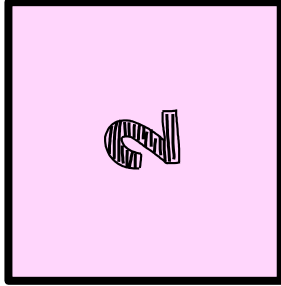
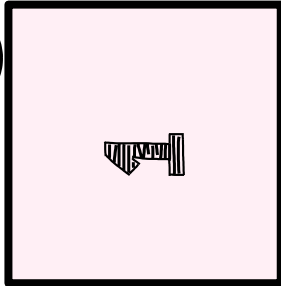
How Sick do I feel?



How Jealous do I feel?

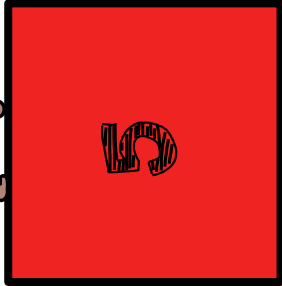
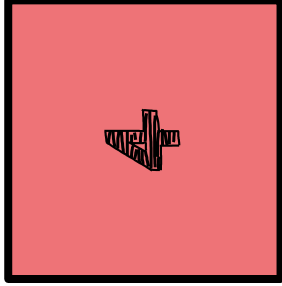
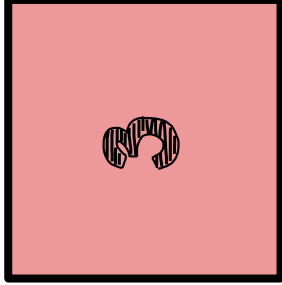
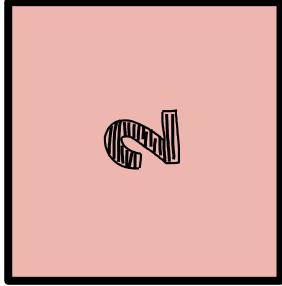
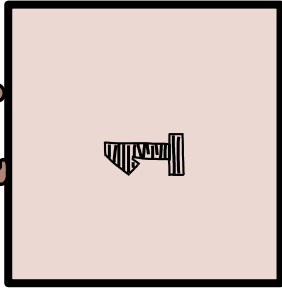
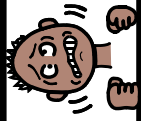


How Friendly do I feel?

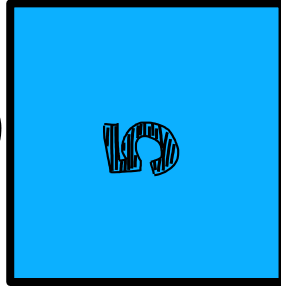
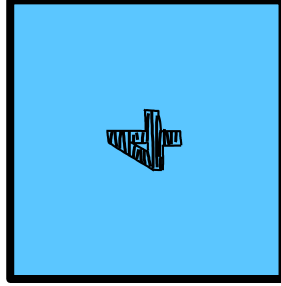
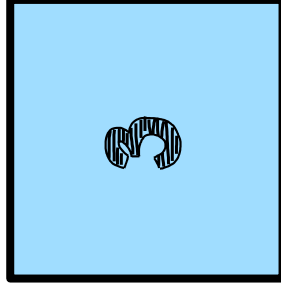
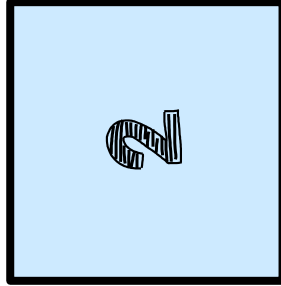
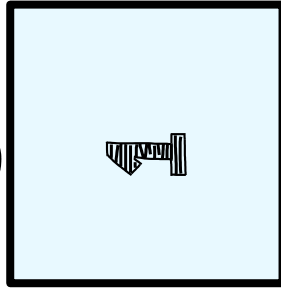


Numbered color cards- large- landscape

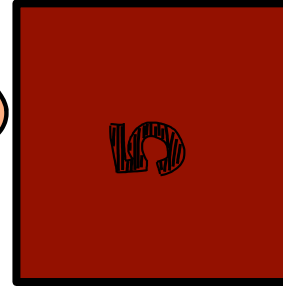
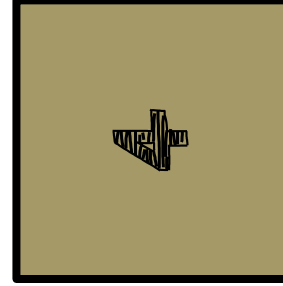
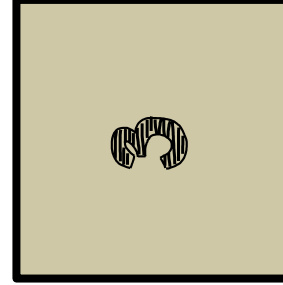
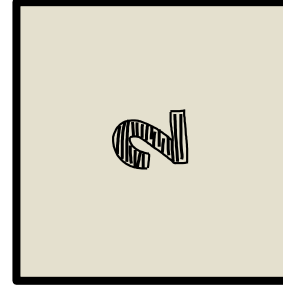
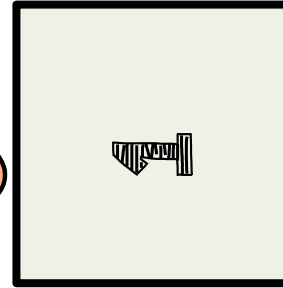
How Frustrated do I feel?



How Disappointed do I feel?



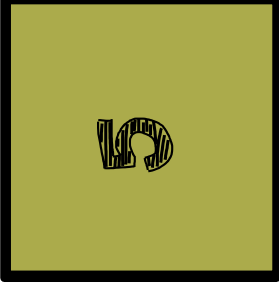
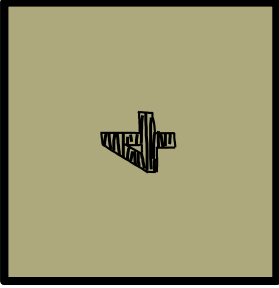
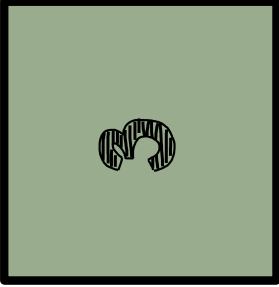
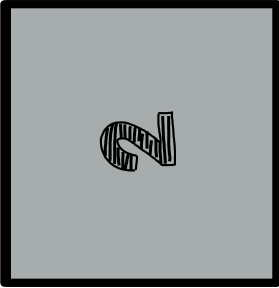
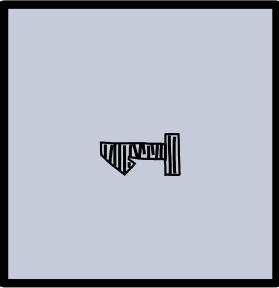
How Embarrassed do I feel?



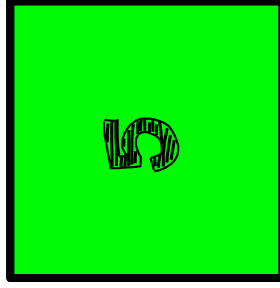
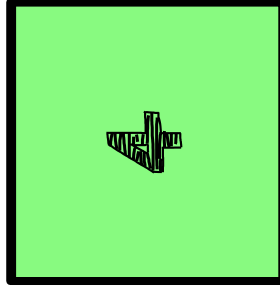
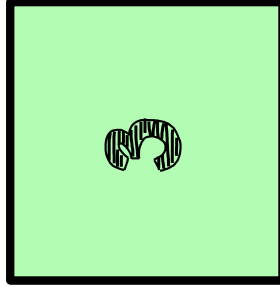
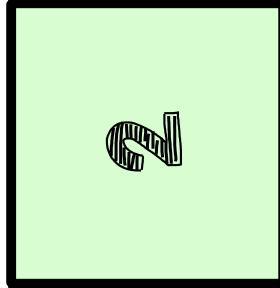
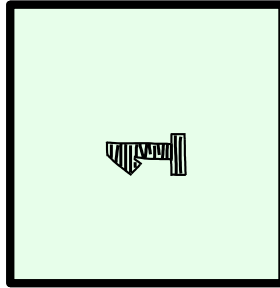
Numbered color cards- large- landscape



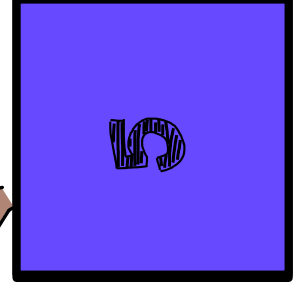
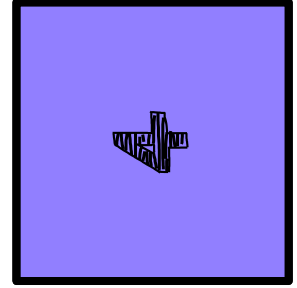
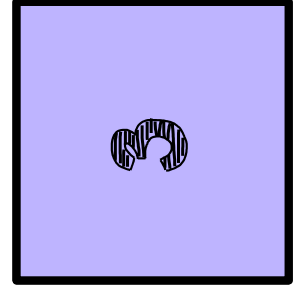
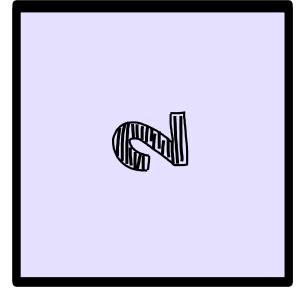
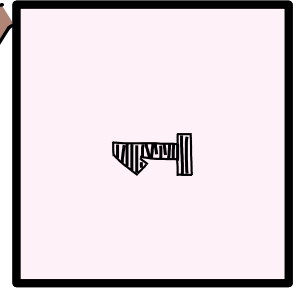
How Worried do I feel?



How Calm do I feel?



How Scared do I feel?



Numbered color cards- large- landscape

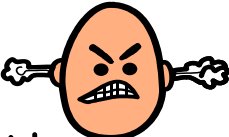
I'm really angry  
I feel like I'm  
going to explode

I'm getting  
angry.  
I'm feeling hot

I'm starting  
to feel a  
little angry

I feel a little  
bothered

I'm ok

How   
Angry  
do I feel?

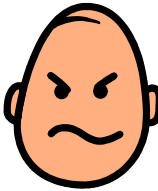
I'm really mad.  
I feel like I'm  
going to explode

I'm  
getting mad.  
I'm feeling hot

I'm starting  
to feel a  
little mad

I feel a little  
bothered

I'm ok

How   
Mad  
do I feel?

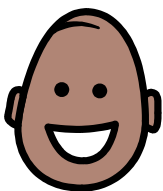
I'm super happy.  
I feel good inside

I'm feeling  
happy

I'm feeling  
calm and have  
some good  
thoughts

I'm starting  
to feel 'ok'

I don't feel  
very happy

How   
Happy  
do I feel?

Descriptive color cards- large

I'm really upset  
I feel like  
I need help

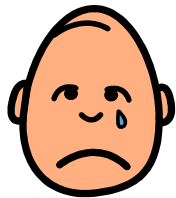
I'm getting  
upset and feel  
like I may cry

I'm starting  
to feel a  
little upset

I feel a little  
low

I'm ok

How  
Upset



do I feel?

I'm really silly.  
I feel like its  
difficult to  
control my body

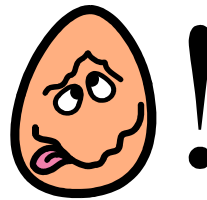
I'm getting  
silly. It's hard  
to stop laughing

I'm starting  
to feel a  
little silly.

I feel a little  
giddy

I'm ok

How  
Silly



do I feel?

I'm very lonely.  
I feel  
sad and low

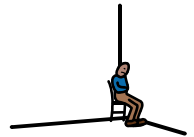
I'm lonely.  
I have no  
one to talk to.

I'm starting  
to feel  
alone.

I'm ok but  
sometimes  
feel lonely

I'm ok. I  
want to be  
alone.

How  
Lonely



do I feel?

Descriptive color cards- large




I'm really proud.  
I feel really happy  
and pleased inside.

I'm proud and  
I feel happy

I'm starting  
to feel  
proud

I feel a  
little happy

I'm ok. I don't  
feel anything

How   
Proud  
do I feel?

I'm really excited.  
I feel like I could  
burst.

I'm getting  
excited.  
I feel happy.

I'm starting  
to feel a little  
excited.

I feel a little  
happy.

I'm ok.  
I am calm

How   
Excited  
do I feel?

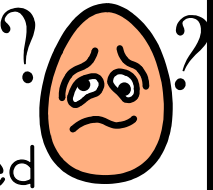
I'm very  
confused.  
I need help.

I'm confused. I  
don't understand  
what to do or  
what is happening..

I'm starting  
to feel more  
confused

There are  
some things I  
don't  
understand

I'm ok. I fully  
understand.

How   
Confused  
do I feel?

Descriptive color cards- large

I feel really sick.  
My body hurts. I  
need medical  
attention.

I feel sick.  
My body hurts  
and I need to rest  
I may throw up..

I'm starting  
to feel achy.  
I feel sleepy.

I feel a  
little unwell.

I'm ok.  
I feel good.

How  
Sick  
do I feel?



I'm really jealous.  
I feel mad and  
angry.

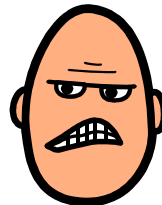
I feel jealous. I am  
a little bothered  
with the  
situation.

I feel jealous  
but I am ok with  
the situation..

I'm starting  
to feel a  
little jealous

I'm ok.  
I don't feel  
jealous

How  
Jealous  
do I feel?



I feel very  
friendly. I really  
want to be with  
others.

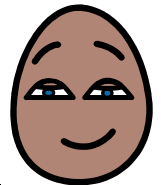
I feel friendly. I  
like being  
around others.

I'm ok if  
others want  
to be with me

I'd prefer to be  
alone, but would  
be ok if others are  
around me

I'm ok. I  
want to be  
alone.

How  
Friendly  
do I feel?



Descriptive color cards- large

I feel really frustrated. I feel like I'm going to explode

I'm feeling frustrated. It's difficult to concentrate.

I'm starting to feel frustrated. I'm feeling warm.

I'm getting bothered

I'm ok. I feel calm



How Frustrated do I feel?

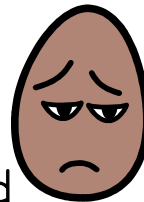
I'm really disappointed. I feel really sad and low.

I feel disappointed. I have some negative thoughts

I'm starting to feel sad.

I feel a little low.

I'm ok. I don't feel disappointed



How Disappointed do I feel?

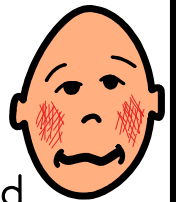
I'm really embarrassed. I want to run away and hide.

I'm embarrassed. I don't want to talk.

I'm embarrassed. I'm starting to feel a little uncomfortable

I'm starting to feel a little embarrassed

I'm ok. I don't feel embarrassed



How embarrassed do I feel?

Descriptive color cards- large

I'm really worried. I need help.

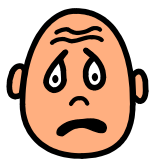
I'm getting worried. My thoughts are racing.

I'm starting to get worried.

I feel a little bothered.

I'm ok. I am not worried.

How Worried do I feel?



I'm really scared. Almost terrified. My body feels shaky. I need help.

I'm scared

I'm starting to feel a little scared

I feel a little worried and bothered.

I'm ok. I'm not scared

How Scared do I feel?



I am really calm and feel relaxed

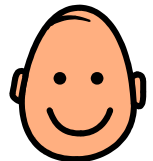
I'm feeling calmer. My body is getting still.

I'm starting to feel calm.

My body needs to move a little


Its difficult to keep my body still

How Calm do I feel?




Descriptive color cards- large



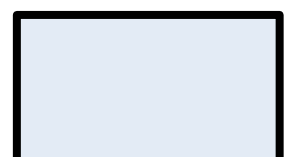
How   
Angry  
do I feel?




How   
Mad  
do I feel?



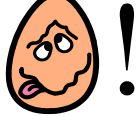
How   
Happy  
do I feel?

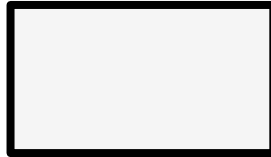



How   
Upset  
do I feel?

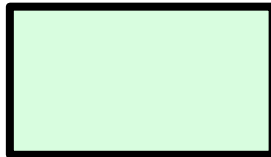
Blank color cards- small




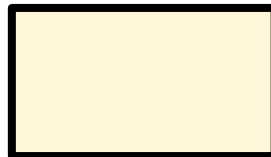
How Silly !  
do I feel?




How Lonely   
do I feel?



How Proud   
do I feel?



How Excited   
do I feel?

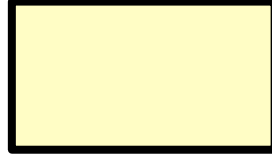
Blank color cards- small



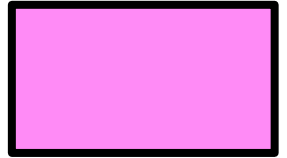
How  
Confused  
do I feel?



How  
Sick  
do I feel?



How  
Jealous  
do I feel?



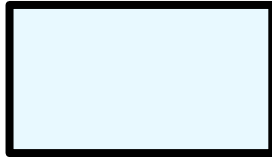
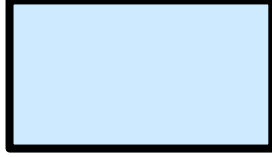
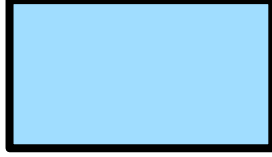
How  
Friendly  
do I feel?



Blank color cards- small



How  
Frustrated  
do I feel?



How  
Disappointed  
do I feel?



How  
Embarrassed  
do I feel?



How  
Worried  
do I feel?

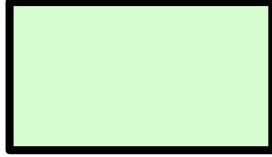
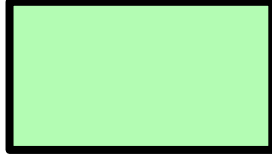


Blank color cards- small





How  
Scared  
do I feel?



How  
Calm  
do I feel?



Blank color cards- small

VERY

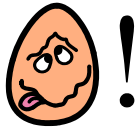
A LOT

MEDIUM

A LITTLE

LOW

How  
Silly  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Lonely  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Proud  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Excited  
do I feel?



Labeled color cards- small


VERY

A LOT

MEDIUM

A LITTLE

LOW

How Confused  do I feel?

VERY

A LOT

MEDIUM

A LITTLE

LOW

How Sick  do I feel?


VERY

A LOT

MEDIUM

A LITTLE

LOW

How Jealous  do I feel?


VERY

A LOT

MEDIUM

A LITTLE

LOW

How Friendly  do I feel?

VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Frustrated  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Disappointed  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Embarrassed  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Worried  
do I feel?



VERY

A LOT

MEDIUM

A LITTLE

LOW

How  
Scared  
do I feel?



VERY

A LOT

MEDIUM

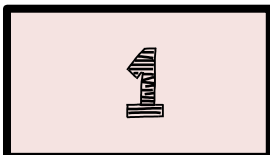
A LITTLE

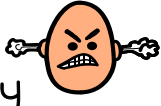
LOW

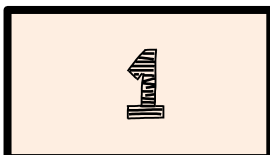
How  
Calm  
do I feel?




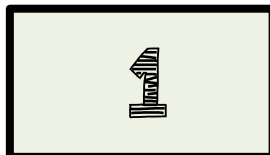
Labeled color cards- small



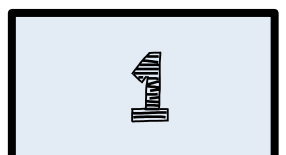
How Angry  do I feel?




How Mad  do I feel?

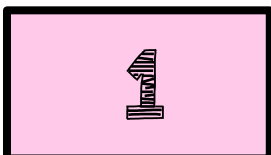


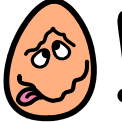
How Happy  do I feel?




How Upset  do I feel?

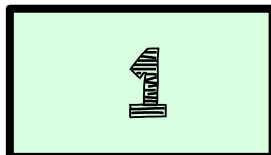
Numbered color cards- small- portrait




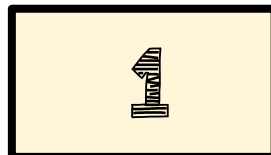
How Silly do I feel? 



How Lonely do I feel? 



How Proud do I feel? 



How Excited do I feel? 

Numbered color cards- small- portrait


5

4

3

2

1

How ?  
Confused  
do I feel?

5

4

3

2

1

How   
Sick  
do I feel?

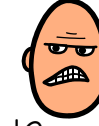
5

4

3

2

1

How   
Jealous  
do I feel?


5

4

3

2


1

How   
Friendly  
do I feel?


Numbered color cards- small- portrait




5  
4  
3  
2  
1

How Frustrated do I feel? 

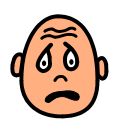
5  
4  
3  
2  
1

How Disappointed do I feel? 

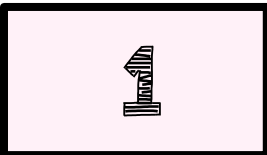
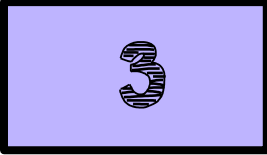
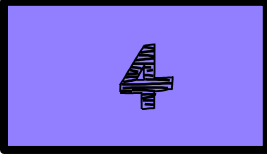
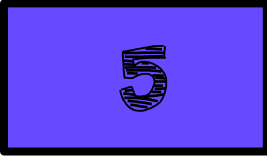
5  
4  
3  
2  
1

How Embarrassed do I feel? 

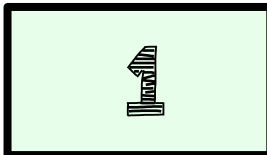
5  
4  
3  
2  
1

How Worried do I feel? 

Numbered color cards- small- portrait



How  
Scared  
do I feel?

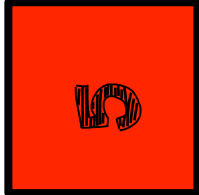
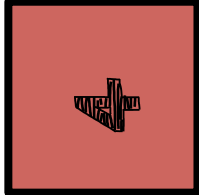
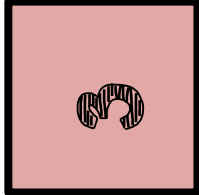
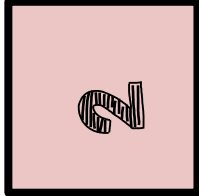
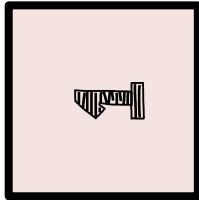


How  
Calm  
do I feel?

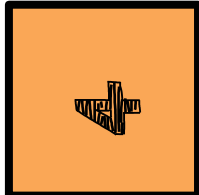
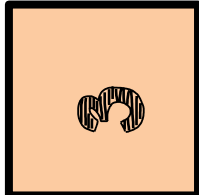
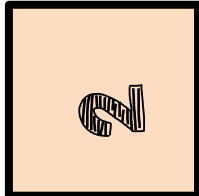
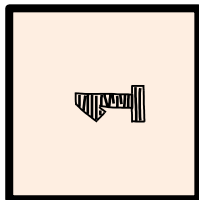


Numbered color cards- small- portrait

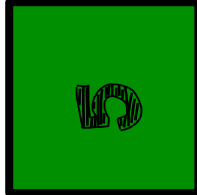
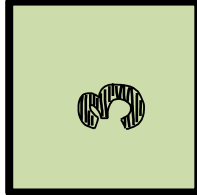
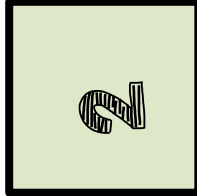
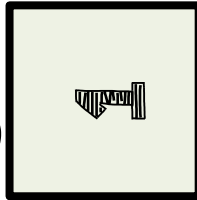
How Angry do I feel?



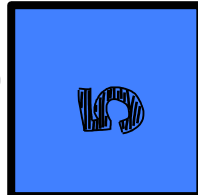
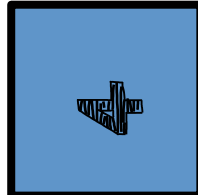
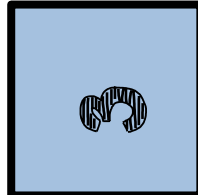
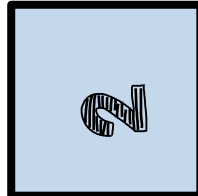
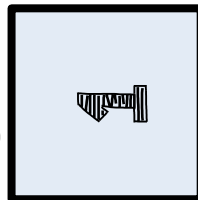
How Mad do I feel?



How Happy do I feel?



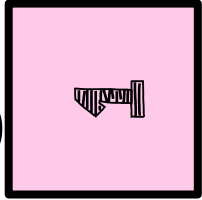
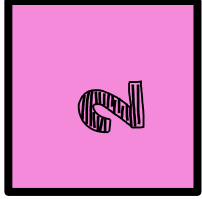
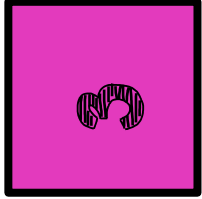
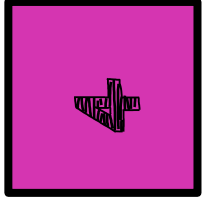
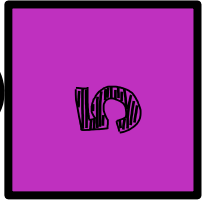
How Upset do I feel?



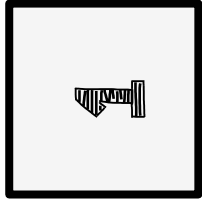
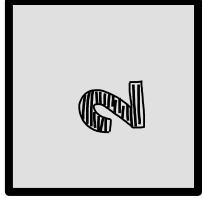
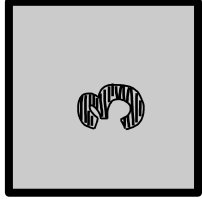
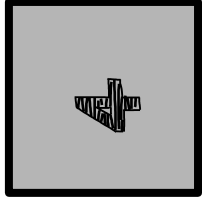
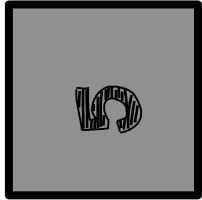
Numbered color cards- small- landscape



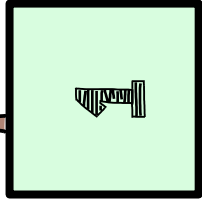
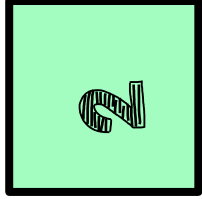
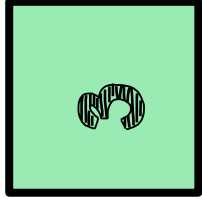
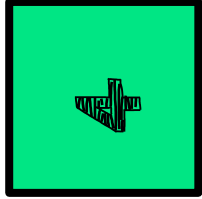
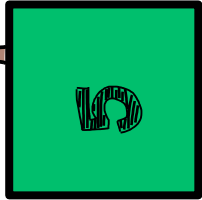
How Silly do I feel?



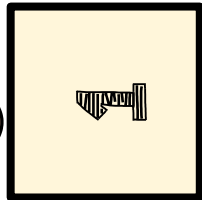
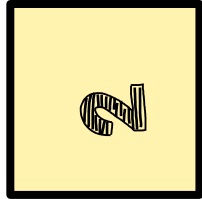
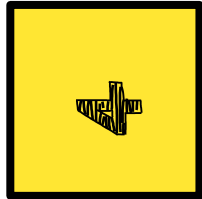
How Lonely do I feel?



How Proud do I feel?

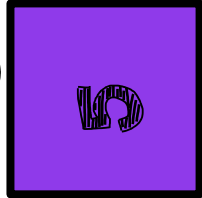
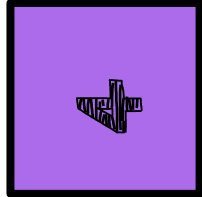
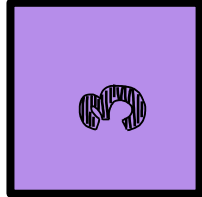
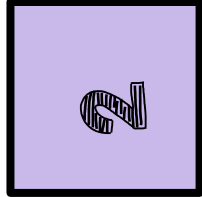
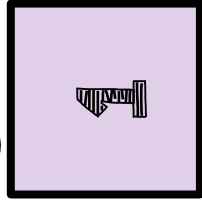


How Excited do I feel?

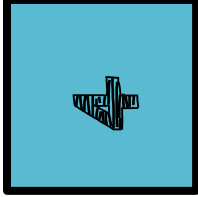
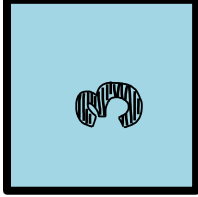
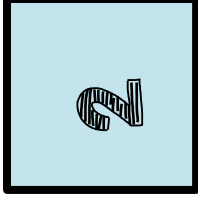
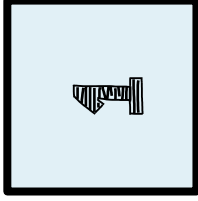


Numbered color cards- small- landscape

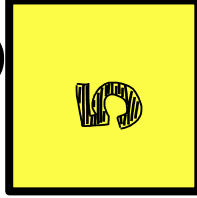
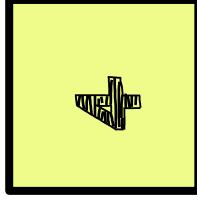
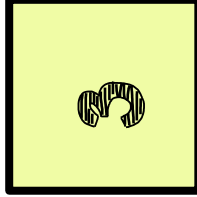
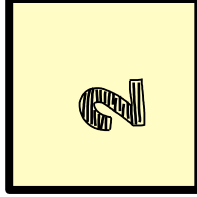
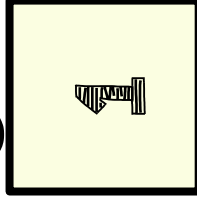
? How Confused do I feel? ?



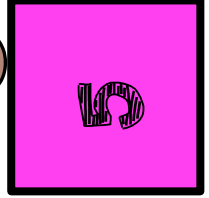
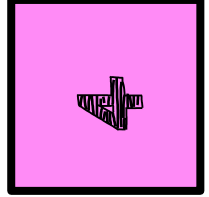
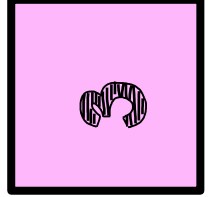
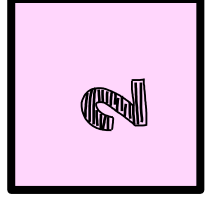
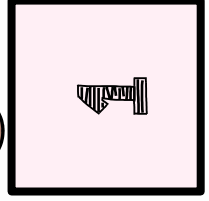
How Sick do I feel?



How Jealous do I feel?

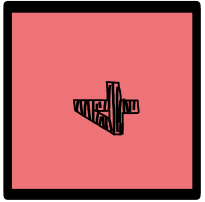
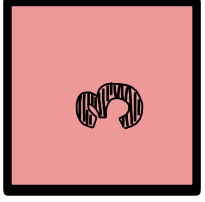
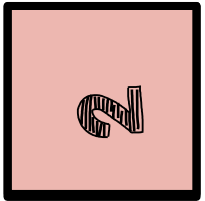
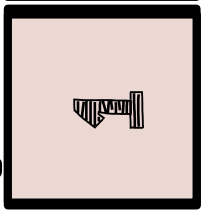


How Friendly do I feel?

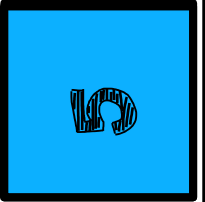
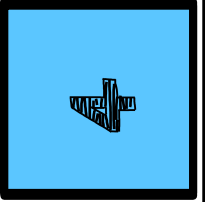
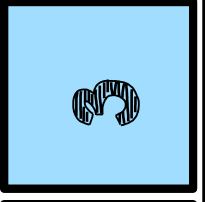
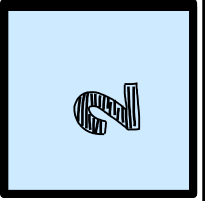
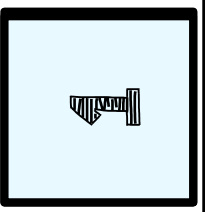


Numbered color cards- small- landscape

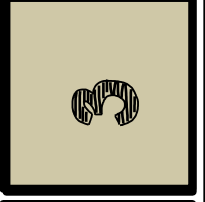
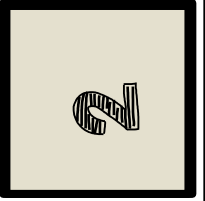
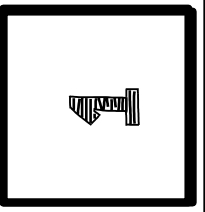
How Frustrated do I feel?



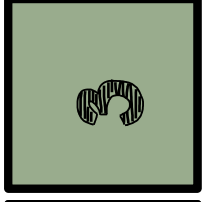
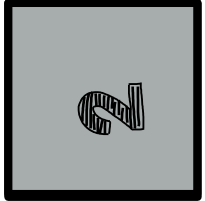
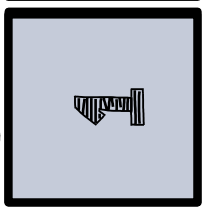
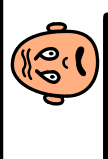
How disappointed do I feel?



How Embarrassed do I feel?

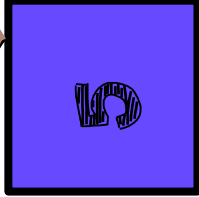
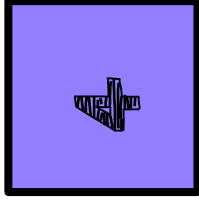
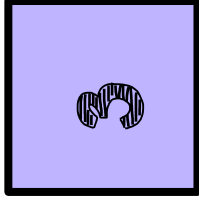
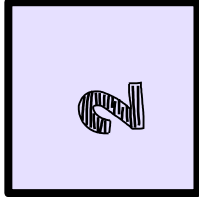
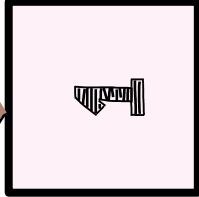


How Worried do I feel?

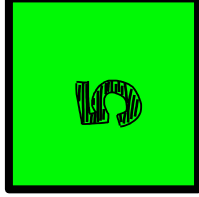
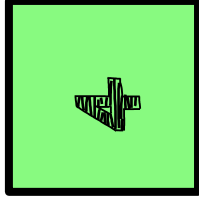
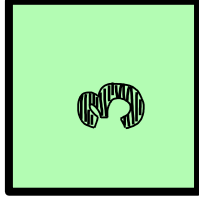
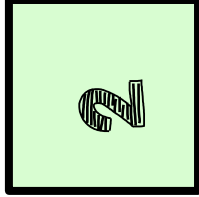
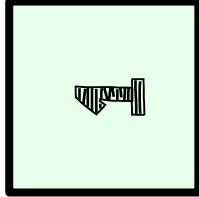


Numbered color cards- small- landscape

How Scared do I feel?



How Calm do I feel?



Numbered color cards- small- landscape


I'm really angry  
I feel like I'm  
going to  
explode

I'm getting  
angry.  
I'm feeling hot

I'm starting to  
feel a little  
angry

I feel a little  
bothered

I'm ok

How   
Angry  
do I feel?


I'm really mad.  
I feel like I'm  
going to explode

I'm  
getting mad.  
I'm feeling hot

I'm starting  
to feel a  
little mad

I feel a little  
bothered

I'm ok

How   
Mad  
do I feel?


I'm super  
happy. I feel  
good inside

I'm feeling  
happy

I'm feeling calm  
and have some  
good thoughts

I'm starting  
to feel 'ok'

I don't feel  
very happy

How   
Happy  
do I feel?


I'm really upset  
I feel like  
I need help

I'm getting  
upset and feel  
like I may cry

I'm starting  
to feel a  
little upset

I feel a little  
low

I'm ok

How   
Upset  
do I feel?

Descriptive color cards-small



I'm really silly.  
I feel like its  
difficult to  
control my body

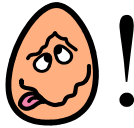
I'm getting  
silly. It's hard  
to stop laughing

I'm starting  
to feel a  
little silly.

I feel a little  
giddy

I'm ok

How  
Silly



do I feel?

I'm very lonely.  
I feel  
sad and low

I'm lonely.  
I have no  
one to talk to.

I'm starting to  
feel alone.

I'm ok but  
sometimes  
feel lonely

I'm ok. I want  
to be alone.

How  
Lonely



do I feel?

I'm really proud.  
I feel really  
happy and  
pleased inside.

I'm proud and I  
feel happy

I'm starting  
to feel  
proud

I feel a  
little happy

I don't feel  
anything

How  
Proud



do I feel?

I'm really  
excited.  
I feel like  
I could burst.

I'm getting  
excited.  
I feel happy.

I'm starting to  
feel a little  
excited.

I feel a little  
happy.

I'm ok.  
I am calm

How  
Excited



do I feel?

Descriptive color cards-small


I'm very  
confused.  
I need help.

I'm confused. I  
don't understand  
what to do or  
what is happening.

I'm starting to  
feel more  
confused

There are  
some  
things I don't  
understand

I'm ok. I fully  
understand.

How   
Confused  
do I feel?

I feel really sick.  
My body hurts. I  
need medical  
attention.

I feel sick.  
My body hurts  
and I need to rest  
I may throw up.

I'm starting  
to feel achy.  
I feel sleepy.

I feel a  
little unwell.

I'm ok.  
I feel good.

How   
Sick  
do I feel?


I'm really  
jealous.  
I feel mad and  
angry.

I feel jealous. I  
am a little  
bothered with  
the situation.

I feel jealous  
but I am ok with  
the situation.

I'm starting  
to feel a  
little jealous

I'm ok.  
I don't feel  
jealous

How   
Jealous  
do I feel?


I feel very  
friendly. I really  
want to be with  
others.

I feel friendly.  
I like being  
around others.

I'm ok if  
others want  
to be with me

I'd prefer to be  
alone, but would  
be ok if others are  
around me

I'm ok. I want  
to be alone.

How   
Friendly  
do I feel?

Descriptive color cards-small

I feel really frustrated. I feel like I'm going to explode

I'm feeling frustrated. It's difficult to concentrate.

I'm starting to feel frustrated. I'm feeling warm.

I'm getting bothered

I'm ok. I feel calm



How Frustrated do I feel?

I'm really disappointed. I feel really sad and low.

I feel disappointed. I have some negative thoughts

I'm starting to feel sad.

I feel a little low.

I'm ok. I don't feel disappointed



How Disappointed do I feel?

I'm really embarrassed. I want to run away and hide.

I'm embarrassed. I don't want to talk.

I'm embarrassed. I'm starting to feel a little uncomfortable

I'm starting to feel a little embarrassed

I'm ok. I don't feel embarrassed.



How Embarrassed do I feel?

I'm really worried. I need help.

I'm getting worried. My thoughts are racing.

I'm starting to get worried.

I feel a little bothered.

I'm ok. I am not worried.



How Worried do I feel?

Descriptive color cards-small

I'm really scared.  
Almost terrified  
My body feels  
shaky. I need help.

I'm scared

I'm starting to  
feel a little  
scared

I feel a little  
worried and  
bothered.

I'm ok. I'm  
not scared

How  
Scared



do I feel?

I am really  
calm and feel  
relaxed

I'm feeling  
calmer. My body  
is getting still.

I'm starting  
to feel  
calm.

My body needs  
to move a  
little

Its difficult to  
keep my body  
still

How  
Calm



do I feel?

Descriptive color cards-small

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Mayer-Johnson 2100 Wharton Street Suite 400 Pittsburgh, PA 15203 Phone: 1 (800) 588-4548 Fax: 1 (866) 585-6260 Email: [mayer-johnson.usa@mayer-johnson.com](mailto:mayer-johnson.usa@mayer-johnson.com) Web site: [www.mayer-johnson.com](http://www.mayer-johnson.com)