

























































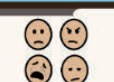












Feelings Board

| | | | | | | | | | | |
|---|---|---|---|--|--|---|--|---|---|--|
|  safe |  HAPPY FEELINGS |  surprised |  ANXIOUS FEELINGS |  so |  SELF REGULATION |  FEELING SCALE |  ANGRY FEELINGS |  grumpy |  SAD FEELINGS |  stressed |
|  silly |  calm |  shocked |  anxious |  too |  mad |  pissed |  lonely |  left out | | |
|  thrilled |  relaxed |  scared |  afraid | very very |  annoyed |  furious |  sad |  disappointed | | |
|  excited |  happy |  lost |  confused |  kind of |  angry |  frustrated |  bummed |  stuck | | |
| | | | |  extremely | | | | | | |
|  dull |  meh |  famished |  dehydrated |  a little |  uneasy |  sleepy |  jealous |  guilty | | |
|  bored |  restless |  hungry |  thirsty |  a bit |  you seem |  i have mixed feelings |  uncomfortable |  tired |  ashamed |  shy |
|  HARD FEELINGS |  okay |  starving |  parched |  extra |  I feel |  I don't know what i am feeling |  UNWELL |  sick |  awkward |  embarrassed |

Self Regulation Board

| | | | | | | | | | |
|-------------------------|-------------------|-----------------------|-----------------------------|-----------------------------------|---------------------------|--------------------------|-------------------------|------------------------------|-----------------------------|
| I am feeling... because | something else | something changed | its a new place | I can | I may | I should | you can | can you | will you |
| something hurts | I am hungry | I am sick | I am not sure | I will breathe in and breathe out | I will count to 20 | I will lie down | clap for me | sing with me | use a visual story |
| too loud | too cold | I am tired | its too difficult | I will press hands together | deep pressure, squeezes | rest | tell me I am okay | count slowly | make it more fun |
| something hurts | I am hungry | I am sick | I am not sure | do my happy dance | listen to calm music | watch my favourite video | distract me | remind me of my safe choices | have me try something new |
| I am not sure | its too difficult | it's too easy | too many questions | want to be alone | ask for a hug | talk to a friend | give me some time | keep a calm face and voice | give me an easy task I like |
| too many questions | too much demand | too many instructions | look at my activity options | use my fidgets | play with my sensory toys | come with me for a walk | let me feel my feelings | be patient | hug me |
| read a book | look at photos | listen to radio | | | | | | | |

