



FEELINGS SCIENTIST

Scientists do experiments to learn about how things work. Sometimes they try something and it works. Sometimes it doesn't work. When it doesn't work, it gives them more information for next time.

What happened just before the feeling got big?

What did I want to happen?

What was I feeling?





How big was it?



1 = not big at all

10 = really big

What happened in my body?













What did I do?

Did that help?



Yes



No



A bit

What could I do next time?



Try the same thing again



Try a different strategy



Try a new strategy



Ask for help or try something else