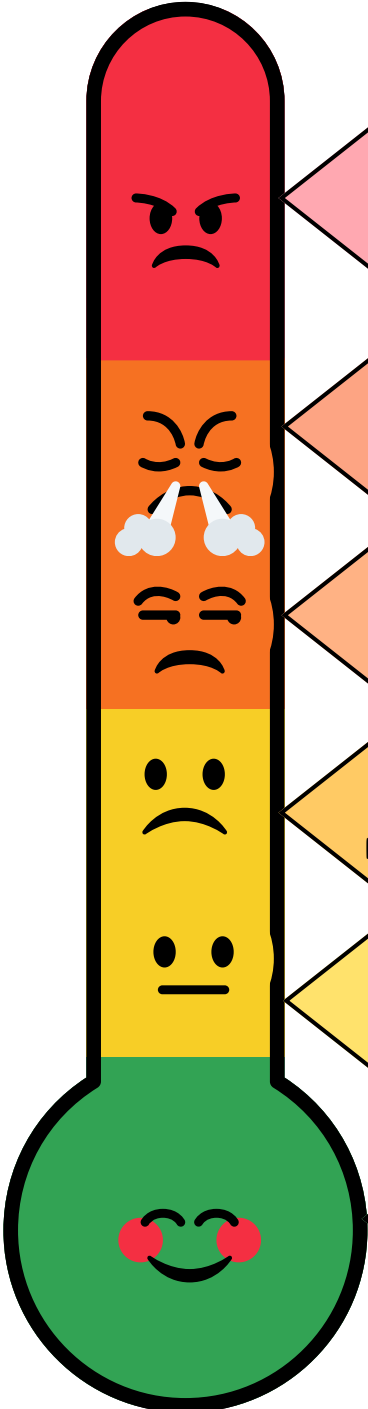
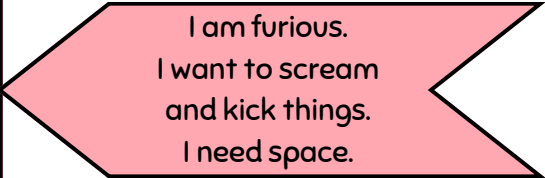

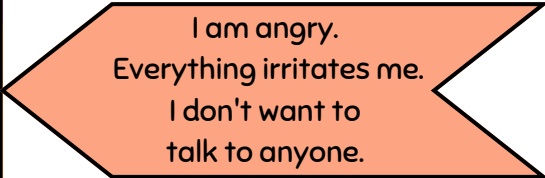
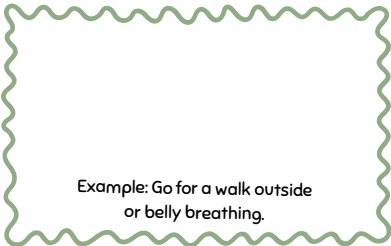

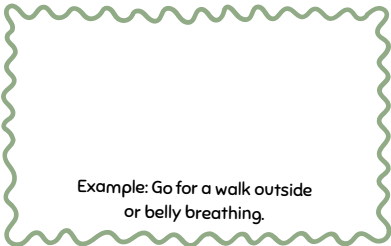
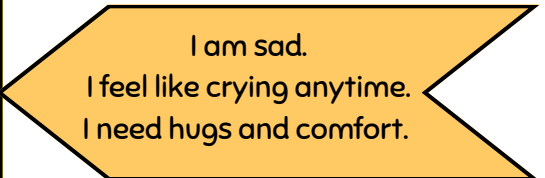
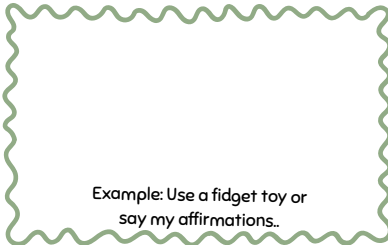
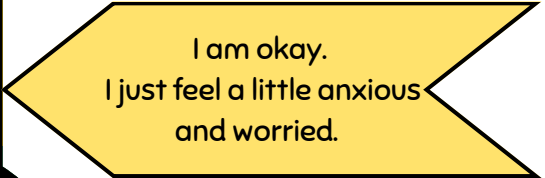
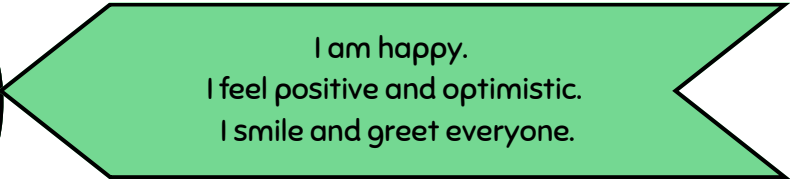


# FEELINGS THERMOMETER

	How are you feeling right now?	What strategy helps?
	 <p>I am furious. I want to scream and kick things. I need space.</p>	 <p>Example: Get away from everyone or listen to calming music.</p>
	 <p>I am angry. Everything irritates me. I don't want to talk to anyone.</p>	
	 <p>I am irritated. I feel like I'm about to get mad. I am trying to control myself.</p>	 <p>Example: Go for a walk outside or belly breathing.</p>
	 <p>I am sad. I feel like crying anytime. I need hugs and comfort.</p>	
	 <p>I am okay. I just feel a little anxious and worried.</p>	
	 <p>I am happy. I feel positive and optimistic. I smile and greet everyone.</p>	

IF YOU ENTER THE **YELLOW, ORANGE OR RED** ZONE, USE A STRATEGY TO CALM DOWN!