
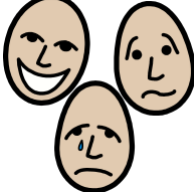

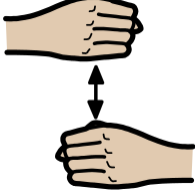
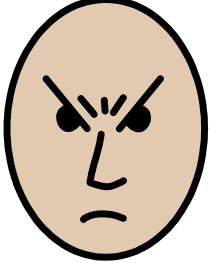
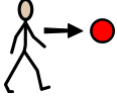
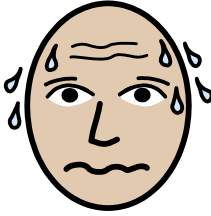



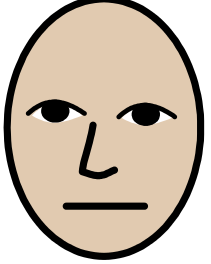
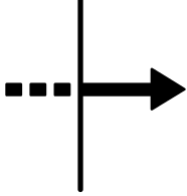
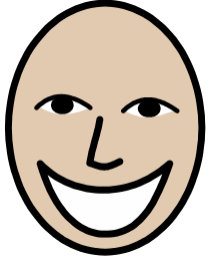
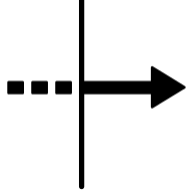
 <p>My scale</p>	 <p>Feeling</p>	 <p>Emotions</p>	 <p>Body</p>	 <p>Action</p>
<p>5 five</p>		<p>angry overwhelmed enraged devastated out of control</p>	<p>hot sweaty shaky harmful stiff</p>	 <p>move to a safe space lay down listen to music</p>
<p>4 four</p>		<p>upset annoyed frustrated cross bothered</p>	<p>clammy tight chest fidgety restless heavy</p>	 <p>take time out read a book use ear defenders</p>
<p>3 three</p>		<p>nervous anxious worried concerned uneasy</p>	<p>bubbly uncomfortable moving around unfocussed</p>	 <p>deep breaths speak to an adult colour</p>
<p>2 two</p>		<p>OK content patient fine fair</p>	<p>laid-back focussed controlled fresh normal</p>	 <p>continue</p>
<p>1 one</p>		<p>happy relaxed calm carefree pleased</p>	<p>tingly light soft gentle</p>	 <p>continue</p>