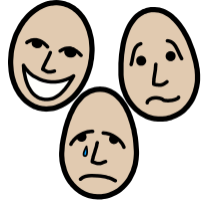
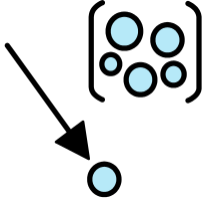


My scale

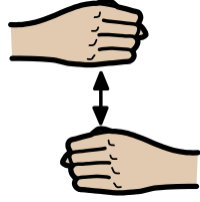


Emotions



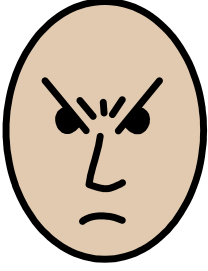
type

e.g.  
example



action

**5**  
five



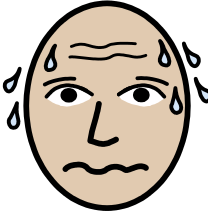
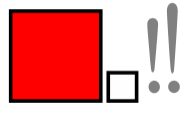

999  
emergency

Major accident,  
fire, someone  
needs to go to  
the hospital



call 999

**4**  
four

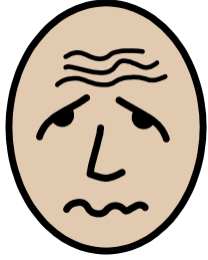
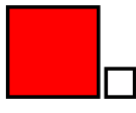
gigantic  
problem

someone is  
being or  
bullying you,  
destruction of  
property,  
hitting, kicking  
someone



adult  
help

**3**  
three

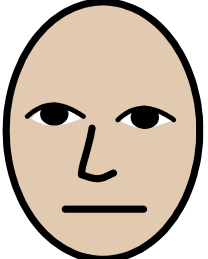
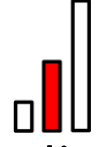
large  
problem

you have a  
minor accident,  
your feel unwell,  
you need help  
calming down



you may  
need help

**2**  
two

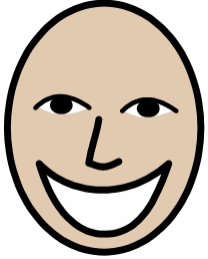
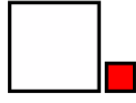
medium  
problem

someone is  
annoying you,  
someone is in  
your personal  
space, you're not  
getting along  
with your peers



try to  
handle  
this

**1**  
one

little  
problem

not being first  
in line, not  
being picked in  
a group,  
running a little  
late, can't find  
something



you can  
fix this