



Upset feelings can be small, medium or really big. Point to the number that shows **how big your upset feeling is right now**. There are no wrong answers.

10		The biggest it can be It feels too big to handle. I need help right now.	9 to 10
9			
8		Really big I want to cry, yell, run or hide.	7 to 8
7			
6		Big My tummy or chest feels tight. It is hard to think.	5 to 6
5			
4		Medium I feel worried, sad or grumpy, but I can still think.	3 to 4
3			
2		Small Something is bugging me a little. I am okay.	1 to 2
1			
0		No upset at all My body is relaxed. I feel calm and safe.	0

My number right now:

A grown-up I can tell:

What helps my number go down Tick the ones that work for you.

☐ Slow belly breaths

☐ A hug

☐ Squeezing something soft

☐ A drink of water

☐ Moving my body

☐ Telling a grown-up

Something else: _____