

Scale	How do I feel?	What is happening to my body?	What can I do and how can you help me?
5	I am out of control. I feel like I am going to explode. I want to scream and hit or run away.	I am in freeze, flight or fight mode and my downstairs brain has taken control. I cannot feel my body's signals. My hands are clenched. I might lash out or run away.	I need to calm down. I need to move into a safe space or hide. Dim the lights, reduce noise. Give me space and time.
4	I am getting very emotional and am starting to lose it.	My body is tense, I might go red in the face and breathe faster. I will find it difficult to listen.	Take 10 deep breaths. Help me focus on breathing. I need to walk away or hide to have a break.
3	I feel a little out of control or over excited.	Heart rate increases. My voice gets louder and my words more urgent.	I need to do something calmer. A drink and snack may help. I may want to cuddle my favourite soft toy or blanket.
2	I feel a little worried or frustrated.	My breathing gets shallow and my heart starts pumping faster	I need to be careful not to get overwhelmed. I might need to take a break.
1	I feel good. I'm completely in control. I'm happy.	I am relaxed and my body is calm. My upstairs brain is in control. My breathing and heartbeat are regular.	I can have fun, smile and enjoy myself.