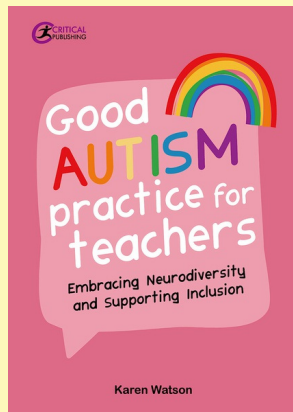


Emotional Regulation Resources - Taster Pack



Together with Karen Watson, the Education Team at Widgit have worked to produce a sample pack of Emotional Regulation Resources.

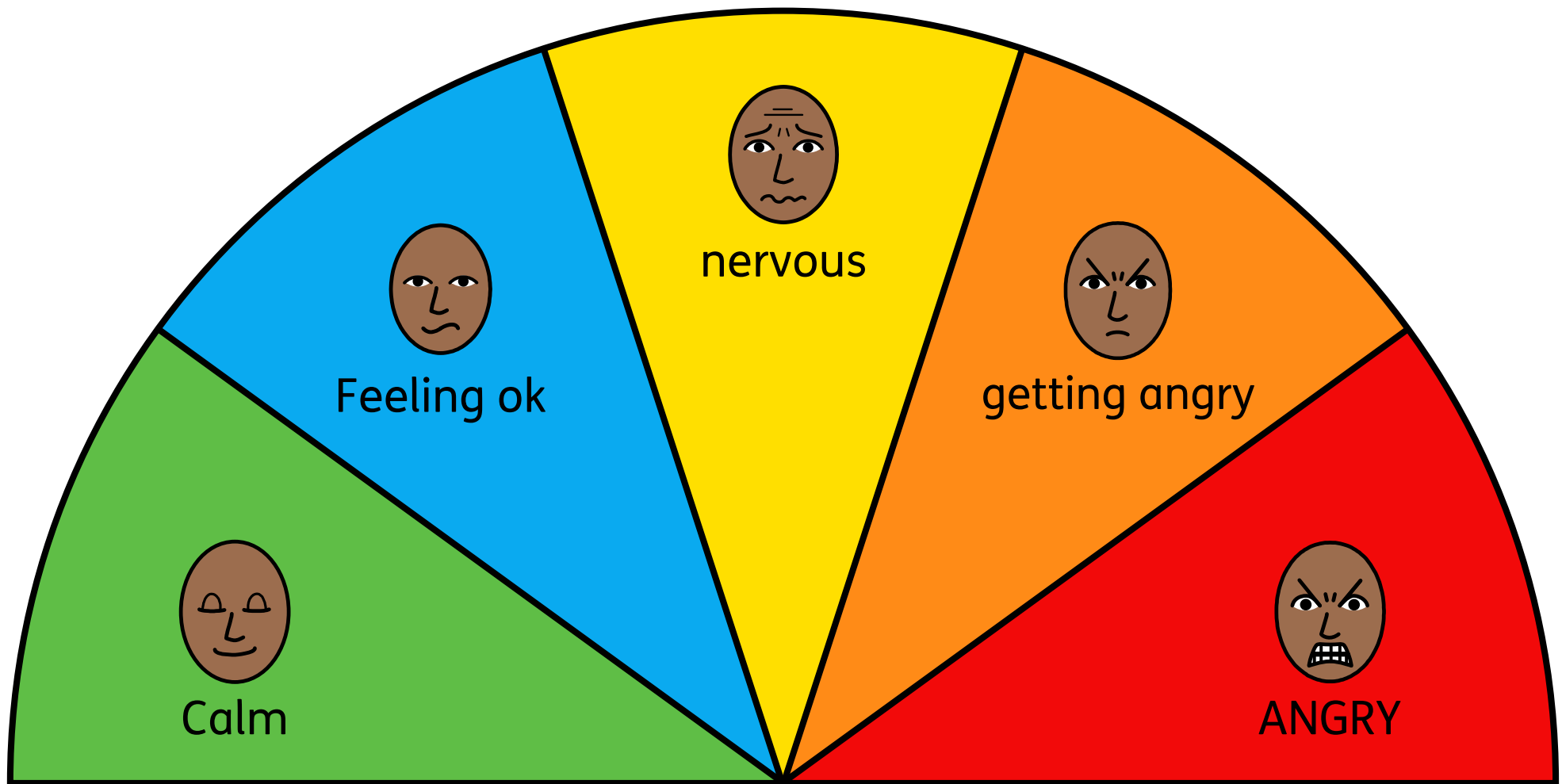
Karen (@scottish_asn_teacher) is an Additional Support Needs (ASN) educator, inclusion champion, author and teacher based in Scotland. She is passionate about inclusion and accessible education, and is committed to providing opportunities for all.

Karen has over ten years experience in the ASN sector and has worked in a variety of teaching roles including Principal Teacher. She has written for TES, has her own podcast 'Scottish ASN Teacher' and also presents on Teacher Hug Radio.

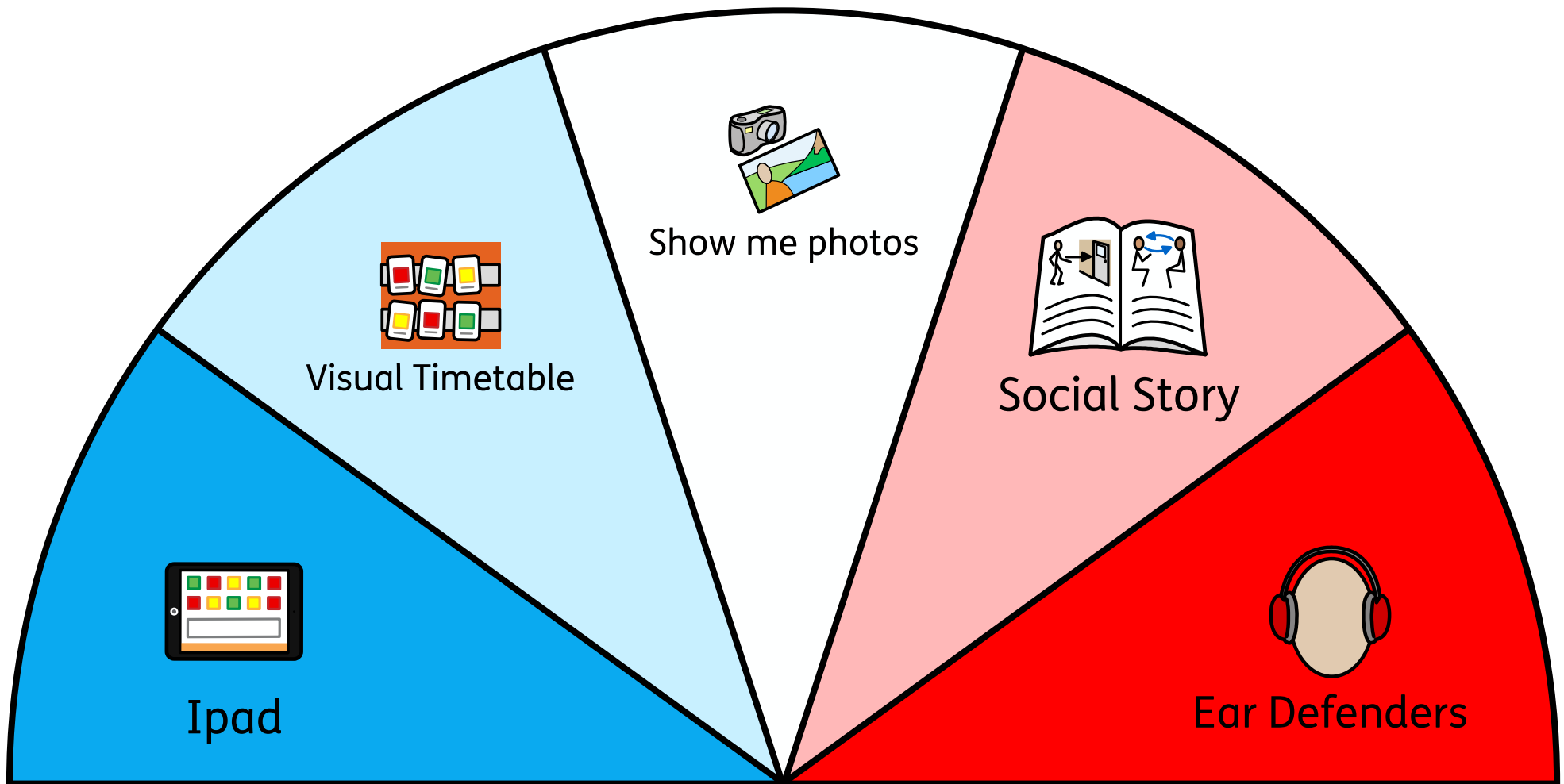
This pack contains a number of sample resources from our Comprehensive Autism Pack which will be released in June. The full pack (available in both Widgit Online and InPrint 3 formats) will include over 100 different resources to support autistic people and their families.

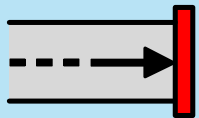
Emotional Scales work best when personalised to the individual and their needs. These samples are presented as a guide only for a range of scenarios.

Feelings Scale



How to Help Me Scale





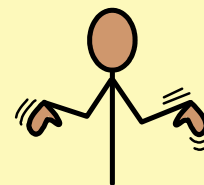
finish



hide



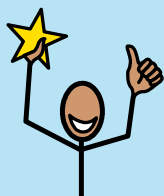
jump



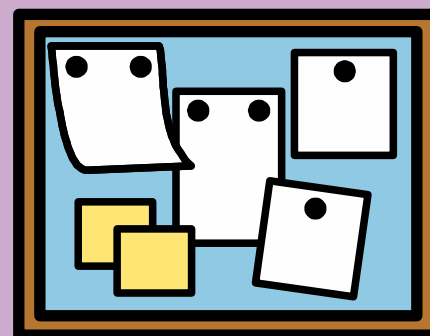
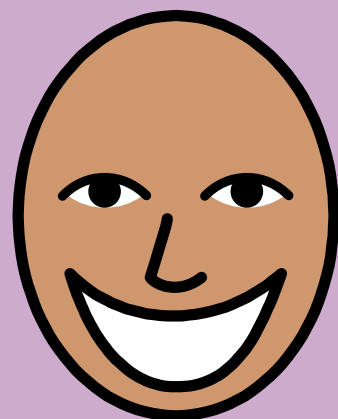
flap hands



spin



success



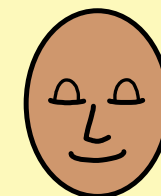
Happy Board



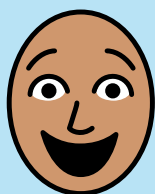
shout



fun



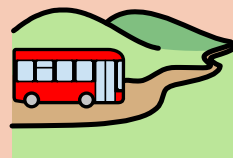
calm



surprise



movement



trip



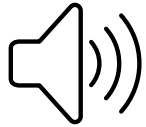
take a break



squeeze



Triggers Board



noise



smell



pain



hurt



share



mess



work



poorly



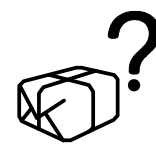
finished



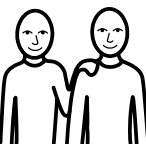
success



fun



surprise



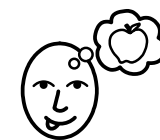
friends



trip



touch



hungry



thirsty

Feelings and Emotions

Blue



Sick



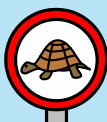
Sad



Tired



Bored



Moving slowly



Depressed

Green



Happy



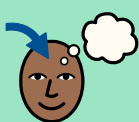
Calm



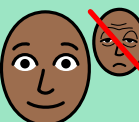
Feeling OK



Focussed



Ready to learn



Alert

Yellow



Frustrated



Worried



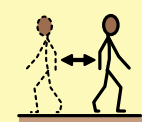
Silly



Excited



Loss of some control

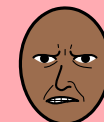


Restless

Red



Angry



Mean



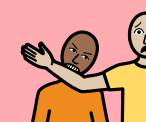
Yelling



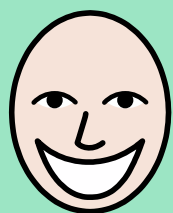
Hitting



Disgusted



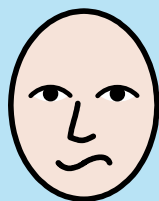
Biting



Happy

More resources
available from
www.widgit.com

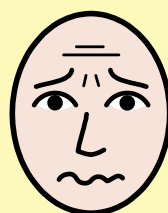
Widgit Symbols ©
Widgit Software Ltd
2002 – 2022



OK

More resources
available from
www.widgit.com

Widgit Symbols ©
Widgit Software Ltd
2002 – 2022



Anxious

More resources
available from
www.widgit.com

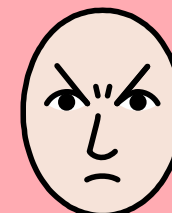
Widgit Symbols ©
Widgit Software Ltd
2002 – 2022



Upset

More resources
available from
www.widgit.com

Widgit Symbols ©
Widgit Software Ltd
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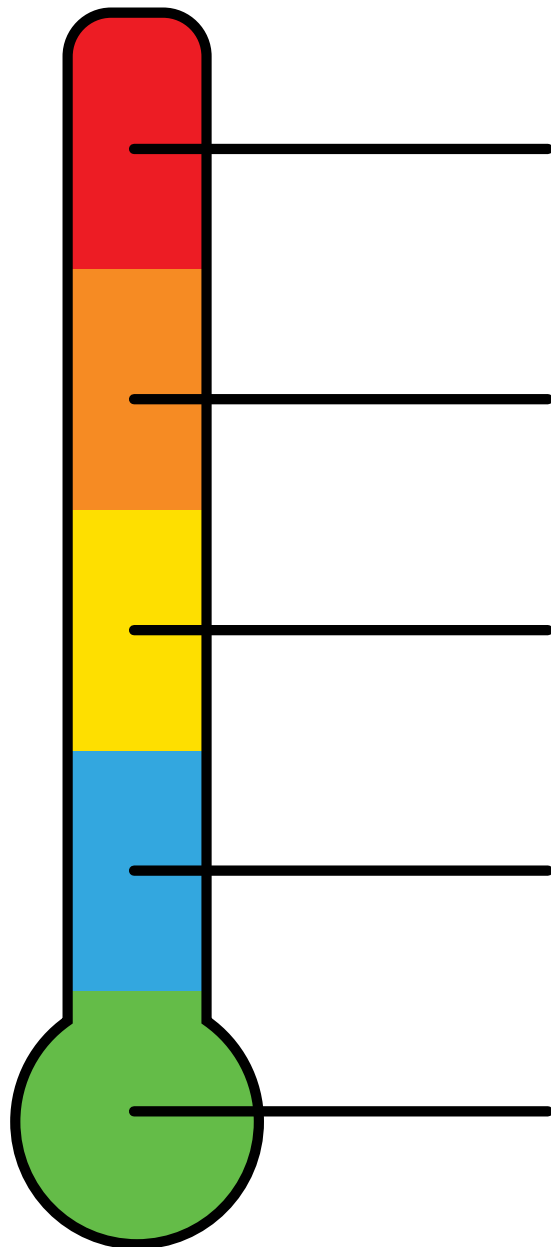


Angry

More resources available
from
www.widgit.com

Widgit Symbols
© Widgit Software Ltd
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People and Routines Thermometer



5



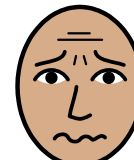
angry

4



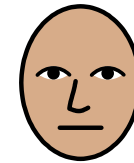
upset

3



worried

2



ok

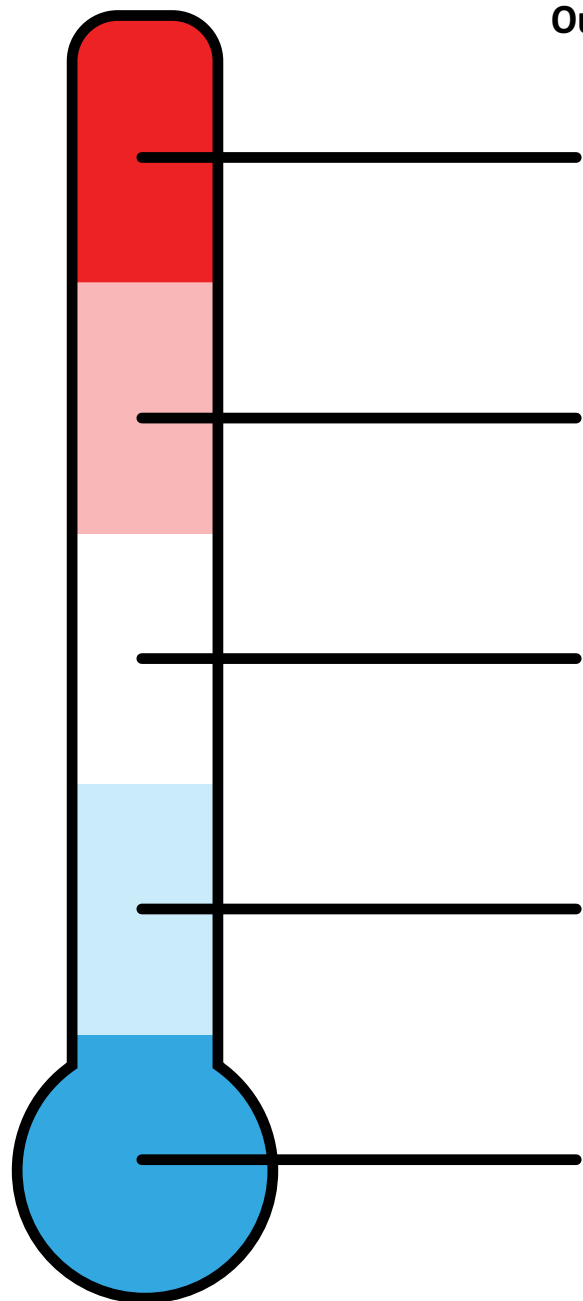
1



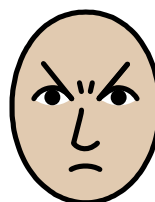
happy

<p>Change</p>		
<p>New</p>	<p>places</p>	<p>or people</p>
<p>School</p>		
<p>My family</p>	<p>and friends</p>	
<p>Alone</p>	<p>time</p>	

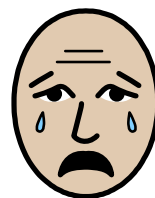
Out and About Thermometer



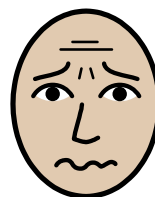
5



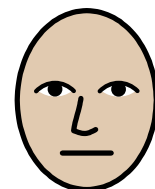
4



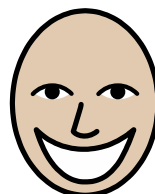
3



2



1



Traffic



Busy



Shopping



Home



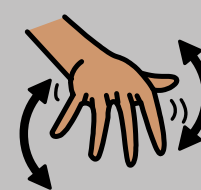
McDonalds



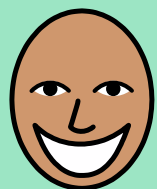
I feel



My body is



I might



happy



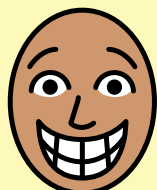
Jumpy



carry on



trampette



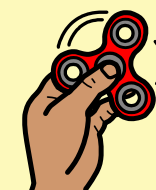
excited



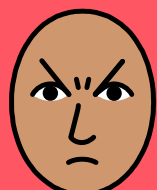
spinning



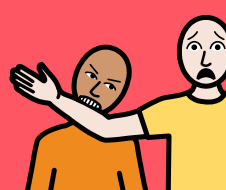
carry on



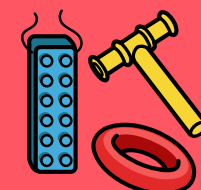
use my fidget toy



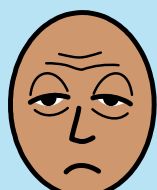
angry



biting



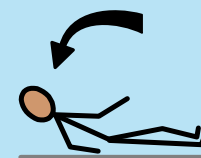
use my chewy



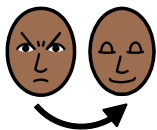
tired



wobbly



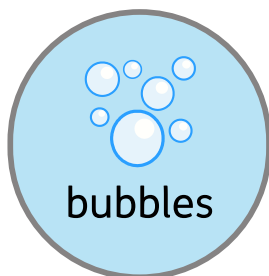
lie down



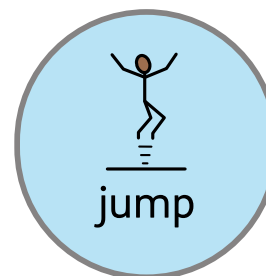
My Regulation Strategies



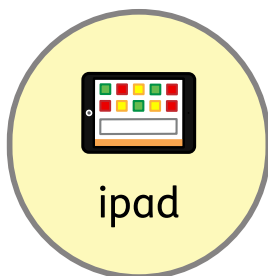
ear defenders



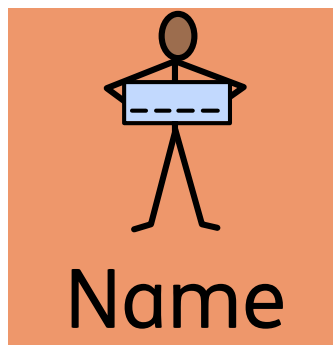
bubbles



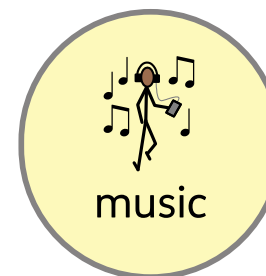
jump



ipad



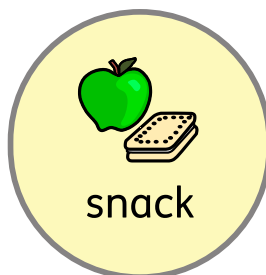
Name



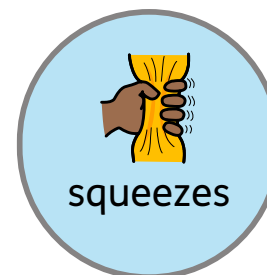
music



drink



snack



squeezes



Talking about my feelings



Today I felt



This made me



To feel better I



This

worked

/

didn't work



Next time



I can try
