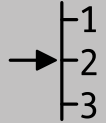







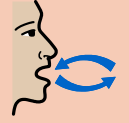


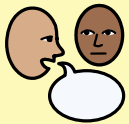








# ••••• Social, Emotional and Mental Health •••••

	 <b>Level</b>	 <b>How my body feels</b>	 <b>What I can do</b>
<b>5</b>	 <b>Out of control</b>	 <b>Violent</b>	 <b>Leave the room</b>
<b>4</b>	 <b>Angry</b>	 <b>Shaking</b>	 <b>Count my breaths</b>
<b>3</b>	 <b>Worried</b>	 <b>Sweating</b>	 <b>Tell my helper</b>
<b>2</b>	 <b>OK</b>	 <b>Relaxed</b>	 <b>Listen to my teacher</b>
<b>1</b>	 <b>Calm</b>	 <b>Still</b>	 <b>Do my work</b>

# How I am Feeling



Feels like...



I can try to...

5



Out of control

4



Getting angry

3



Uneasy

2



Fine

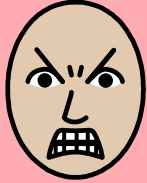
1



Calm

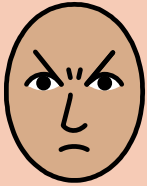
# Stress Scale

5



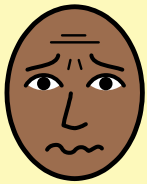
I am going to explode

4



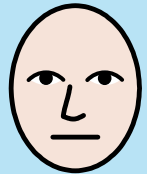
I am getting angry

3



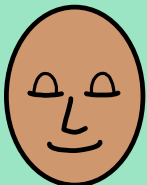
I am a little nervous

2



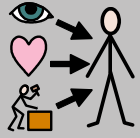
I am feeling OK

1

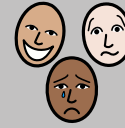


I am calm and relaxed

# My Stress Scale



Person, place or thing



Makes me feel...

5



Makes me lose control

4



Can really upset me

3



Can make me feel nervous

2



Sometimes bothers me

1



never bothers me

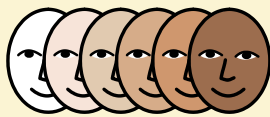


# InPrint<sup>3</sup>

## Design personalised symbol materials to print

This resource pack was created using InPrint 3.

With access to over 20,000 Widgit Symbols, 100s of editable templates and a range of powerful design features, InPrint 3 customers can edit and amend all ready made resources, customise symbols and content, as well as create their own visual supports.



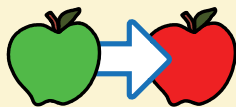
### Change Skin Tone

Change the skin tones of any symbol to make your materials more personal.



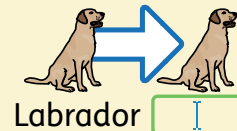
### Add Your Own Pictures

Personalise your materials by adding images from your computer or the web.



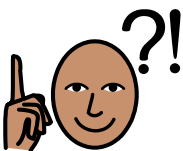
### Change Symbol Colour

Tweak the colour of any Widgit Symbol to make your content more relevant.



### Change Symbol Text

Edit the text beneath a symbol to make your content more specific or personal.



You have downloaded a PDF of the resources.

### Would you like to edit these PDF Resources?

If you subscribe to InPrint 3 (IP3), and download the IP3 version of the resources, you can edit or tailor the content to meet your needs.



### Not an InPrint 3 subscriber?

Find out more by visiting

[www.widgit.com/inprint3](http://www.widgit.com/inprint3)