






PERSONALISED 5 POINT SCALE

	Looks/ Sounds like.	Feels like	Safe people can help / I can try to.
5	1. worried!! 	I would feel upset and cry, putting in my desk.	
4	2. Sick!! 	headache and when I have a tummyache and don't like eating When I'm sick, need to be quiet and rest.	
3	3. OK!! 	not so bad but a bit hungry, thinking got things on my mind. When I am feeling bored. When I start picking up things and Eidelle with it.	I can Eidelle with my Eidelle toy and anything else. I like to be left alone.
2	4. happy 	calm and get a big test, and enjoy things.	
1	5. smiley 	People saying well done and to me.	