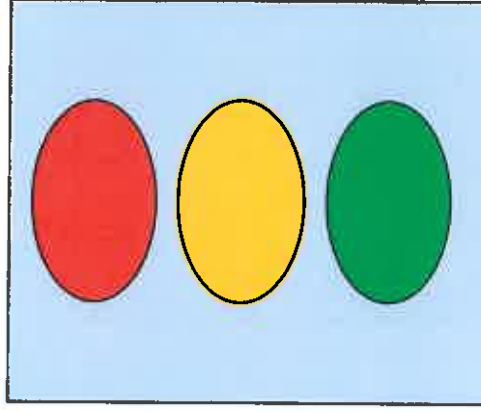
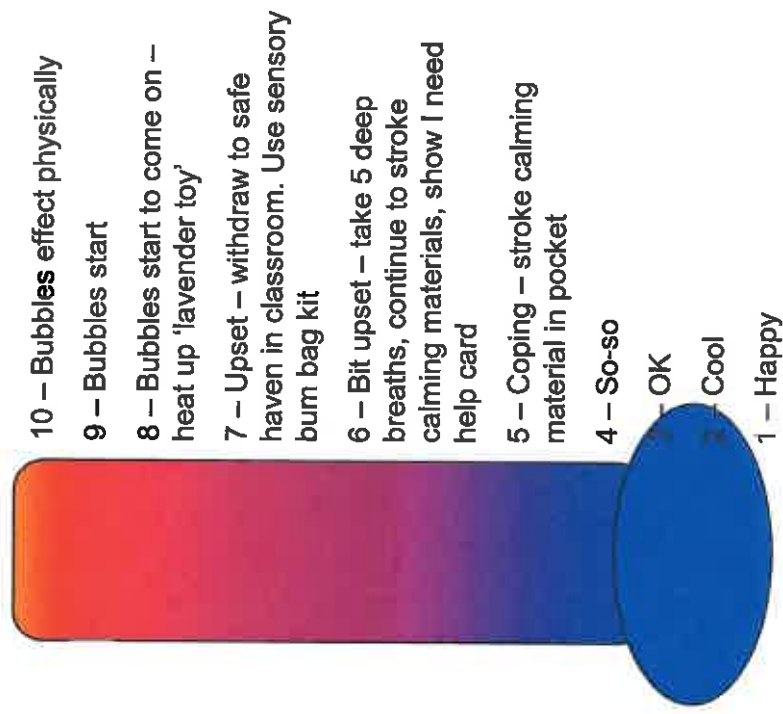
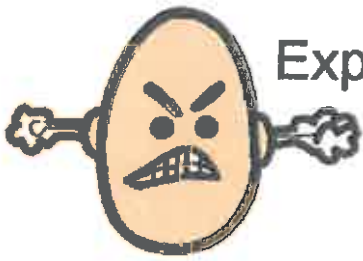


Emotion meters



Red means my bubbles are effecting me physically
Orange means I'm coping
Green means I'm happy



Exploding

Exploding



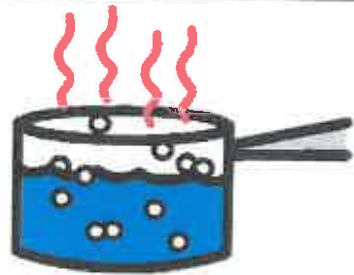
Boiling

Boiling

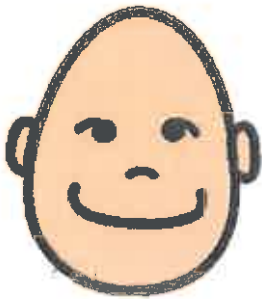
Warm



Warm



Cool



Cool



Relaxed






Relaxed

Calm



5 point feelings scale

How are you feeling?

| | | |
|---|--------------------------------|---|
| 5 | Out of control |  |
| 4 | Distressed |  |
| 3 | A little anxious or worried |  |
| 2 | OK |  |
| 1 | Happy |  |