

# My Emotions Management Scale

Name: \_\_\_\_\_

Rating	Situation	I feel like	I can try to
5	<ul style="list-style-type: none"> <li>• Classmate slams the door</li> <li>• Particular person's voice</li> </ul>	<ul style="list-style-type: none"> <li>• Hitting something</li> <li>• Hitting someone</li> <li>• Throwing things</li> <li>• Yelling</li> </ul>	<ul style="list-style-type: none"> <li>• Request to walk away</li> <li>• In the calming room, use sensory items, music and guided imagery</li> </ul>
4	<ul style="list-style-type: none"> <li>• I lost a game</li> <li>• Classmate's voice</li> <li>• People singing</li> <li>• Adam touches me</li> <li>• I lost a token</li> </ul>	<ul style="list-style-type: none"> <li>• Yelling</li> </ul>	<ul style="list-style-type: none"> <li>• Request to go to the calming room</li> <li>• Ask to walk away</li> <li>• Use sensory items</li> <li>• Tell the person who won, "good job."</li> </ul>
3	<ul style="list-style-type: none"> <li>• The teacher called on someone else</li> </ul>	<ul style="list-style-type: none"> <li>• Yelling</li> </ul>	<ul style="list-style-type: none"> <li>• Deep breaths</li> <li>• Use sensory items</li> <li>• Ask to walk away</li> </ul>
2	<ul style="list-style-type: none"> <li>• When people use words I don't like</li> <li>• Not being first in line</li> <li>• People saying things at the same time</li> </ul>	<ul style="list-style-type: none"> <li>• Yelling</li> <li>• Telling them to stop</li> </ul>	<ul style="list-style-type: none"> <li>• Deep breaths</li> <li>• Use sensory items</li> <li>• Cover my ears</li> </ul>
1	<ul style="list-style-type: none"> <li>• Having choice time</li> <li>• Playing games</li> <li>• Getting along with my peers</li> </ul>	<ul style="list-style-type: none"> <li>• Smiling</li> <li>• High 5's</li> </ul>	<ul style="list-style-type: none"> <li>• Keep doing what I am doing!!!</li> </ul>