

# Five Point Scale – My Feelings Chart: What I Can Do

Feelings Chart		
	How I feel	What I can do
5	 I need some help!	<input type="checkbox"/>
4	 I'm really upset.	<input type="checkbox"/>
3	 I've got a problem.	<input type="checkbox"/>
2	 Things are pretty good.	<input type="checkbox"/>
1	 Feeling great!	<input type="checkbox"/>

Available from:

Rogers, Lisa. (2013) **Visual Supports for Visual Thinkers**. Jessica Kingsley, London.