


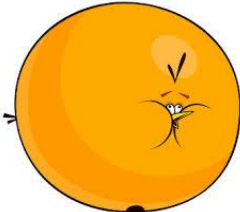







# The Angry Birds Five Point Scale

		How I feel	What I can do
5		I'm ready to explode! I feel like screaming or hitting and I've lost control	Find a calm, quiet place 
4		I'm starting to lose control and I'm upset! I may feel like saying things that are hurtful.	Take slow, deep breaths 
3		I'm a little out of control. I may feel frustrated or excited and move all over. I'm starting to get overwhelmed.	Stop and think how my actions will affect me and others around me 
2		Something's bothering me. I might feel worried or be getting frustrated.	Do something I like that helps me feel calmer 
1		I feel good! I'm completely in control of my body and my words.	Now I am all calmed down!! 