**5 Point Scale for Anxiety**

Sometimes I am in a situation that makes me feel anxious or uncomfortable. I can use the 5 Point Scale to help me express how I am feeling. I can look at my 5 Point Scale for ideas of what I can do to reduce my anxiety and help me feel more comfortable.

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|  |  | How I feel | What I can do |
| **5** | a red sad emoji that is crying | I am extremely  anxious! | I need someone to help me. I need to leave or find a quiet dark place to sit down and do some deep breathing. |
| **4** | Orange Sad Face emoji | I am very anxious. | I need to take a 15-minute break. I need to step outside and breathe some fresh air. I need to get a drink of water. |
| **3** | yellow emoji with a concerned or uncomfortable face | I’m uncomfortable. | I need to take a short break. It’s time for a drink of water. I may need to go to the restroom. |
| **2** | blue face emoji with a straight line mouth representing OK. | I feel OK. | I can keep doing what I’m doing. I may want to break a short break in a little bit. |
| **1** | green face emoji with a big happy smile | I feel great! | I can keep doing what I’m doing. |