


Rating Scale Card

Cut out, fold & stick, complete back. Laminate.

I'm feeling

1 2 3 4 5

Good Happy ← → Upset Angry



© Stephen Norwood - happylearners.info

Things I can do to feel better:

*

*


*

*

I'm feeling

1 2 3 4 5

Good Happy ← → Upset Angry



© Stephen Norwood - happylearners.info

Things I can do to feel better:

*

*

*

*