

5-Point Scale (Doing Math Assignments)

	Feels Like	Looks Like	I Can
5	Word problems really upset me! Makes me flare up like a king cobra!		Let an adult know I am at a 5 and need to take a walk and talk.
4	Long division problems make me angry like a black mamba protecting itself		Go to my break area Take 5 deep breaths
3	Subtraction problems make me want to camouflage myself like a pacific gopher snake.		Squeeze my stress ball Get a drink
2	Multiplication problems make me feel a little ok like a ring snake.		Stand and Stretch
1	Addition problems make me feel like a garter snake. Calm and smooth		Earn tokens and have a great day!