|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Rating** | **Looks/**  **Sounds like** | **What makes me feel this way** | **Feels like** | **I can Try** |
| 5 |  |  |  |  |
| 4 |  |  |  |  |
| 3 |  |  |  |  |
| 2 |  |  |  |  |
| 1 |  |  |  |  |

**My Stress Scale**

Name: