



Child X's 5 Point Scale



5		Destructive: I feel my anger charging up. I am very angry. I feel like I will attack.
4		Cross: I can feel my anger is getting started. I feel like I might start to fight.
3		Anxious: I can feel myself getting worked up and getting cross. I might look like I'm shy because I am not talking.
2		Annoyed: I'm finding it hard to concentrate and do my work. I am quiet.
1		Happy and calm: I'm sitting doing my work. I am mostly feeling good.



Child Y's 5 Point Scale



5		Really cross: I lose control and need to smash and break things.
4		Angry: I hurt my friends and start to lose control.
3		Quite annoyed: I start to not focus, I don't look where I am going and bump into things.
2		Annoyed: Things are starting to annoy me, and this makes me sad.
1		Happy and calm: I am feeling great! I can do my work and I am being kind to my teachers and friends.



Child Z's 5 Point Scale



5		Angry: I'm really too upset to hear what's going on, I'm crying and need help to calm down.
4		Cross: I can feel anger starting to bubble up and I need to leave the room.
3		Anxious: I can feel myself getting worked up and getting cross.
2		Annoyed: I'm finding it hard to concentrate and do my work.
1		Happy and calm: I'm sitting doing my work.