

The Angry Birds Five Point Scale

		How I feel	What I can do
5		I'm ready to explode! I feel like screaming or hitting and I've lost control.	Find a calm, quiet place 
4		I'm starting to lose control and I'm upset! I may feel like saying things that are hurtful.	Take slow, deep breaths 
3		I'm a little out of control. I may feel frustrated or excited and move all over. I'm starting to get overwhelmed.	Do something I like that helps me feel calmer 
2		Something's bothering me. I might feel worried or be getting frustrated.	Tell an adult how I feel 
1		I feel good! I'm completely in control of myself.	Now I'm all calmed down! 