

# FEELINGS MONITOR

# ➤ VISUAL TOOL

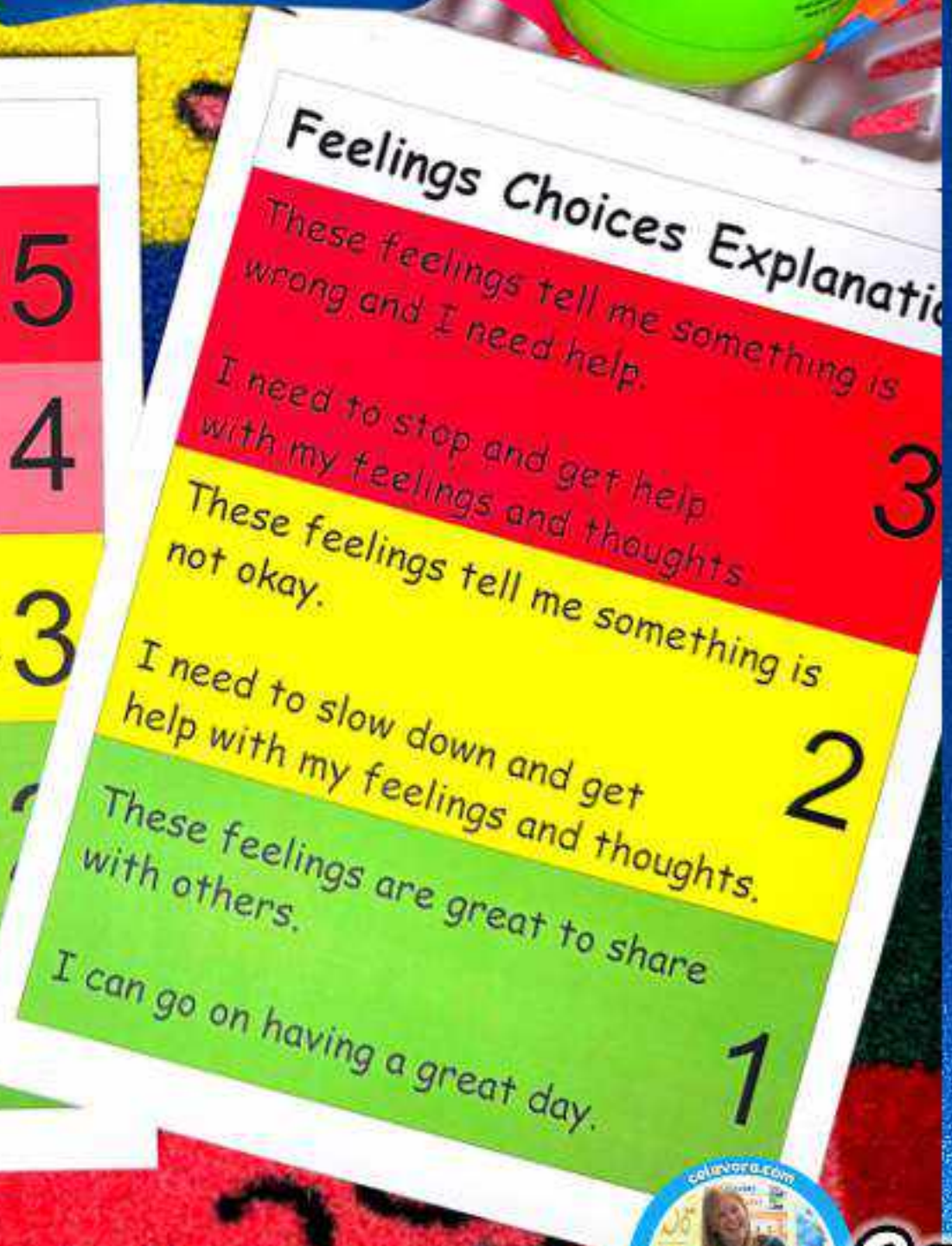
## ➤ SIMPLE LANGUAGE

# ➤ REGULATE EMOTIONS

# ➤ SEL SUPPORT



# FEELINGS + EMOTIONS MONITORS



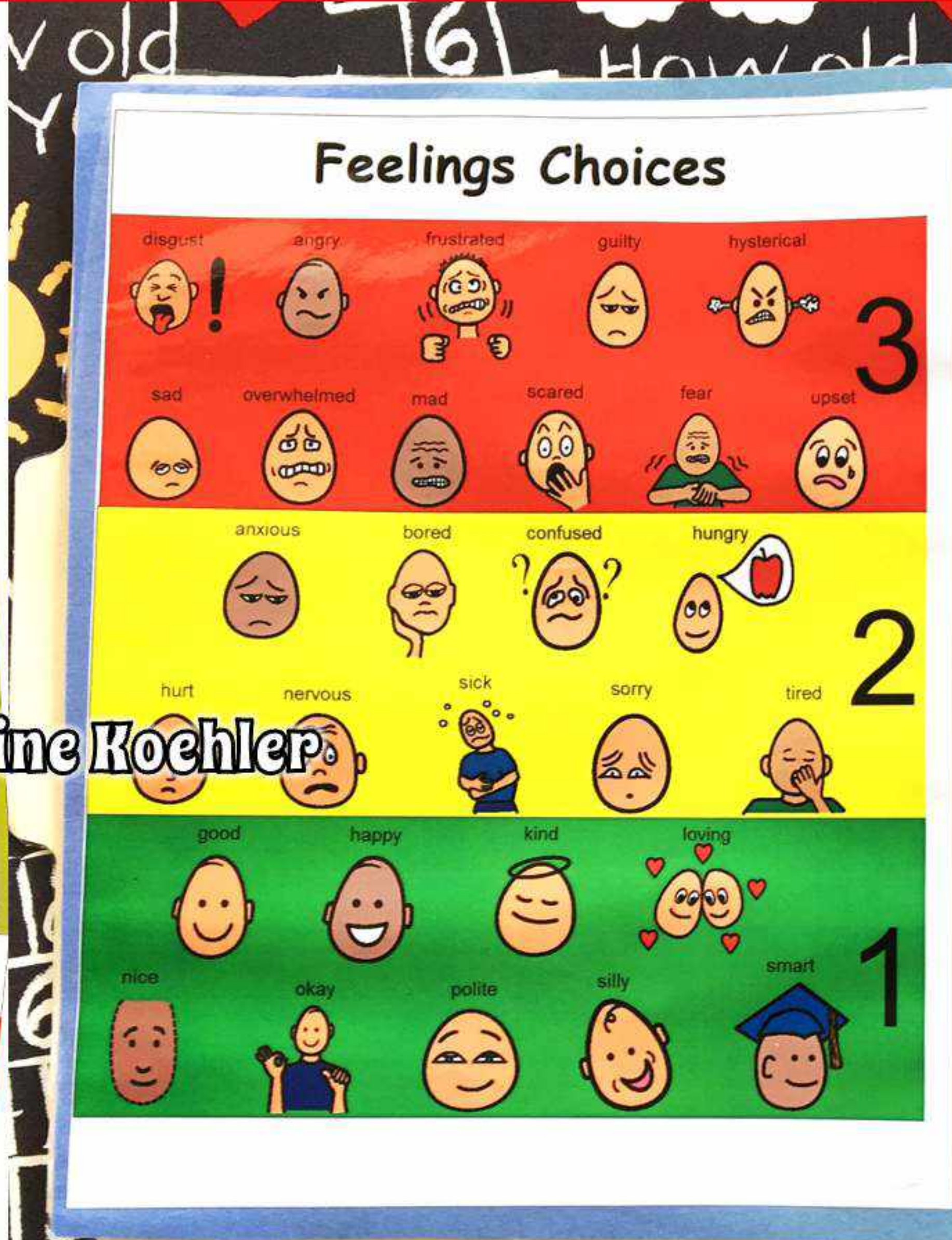
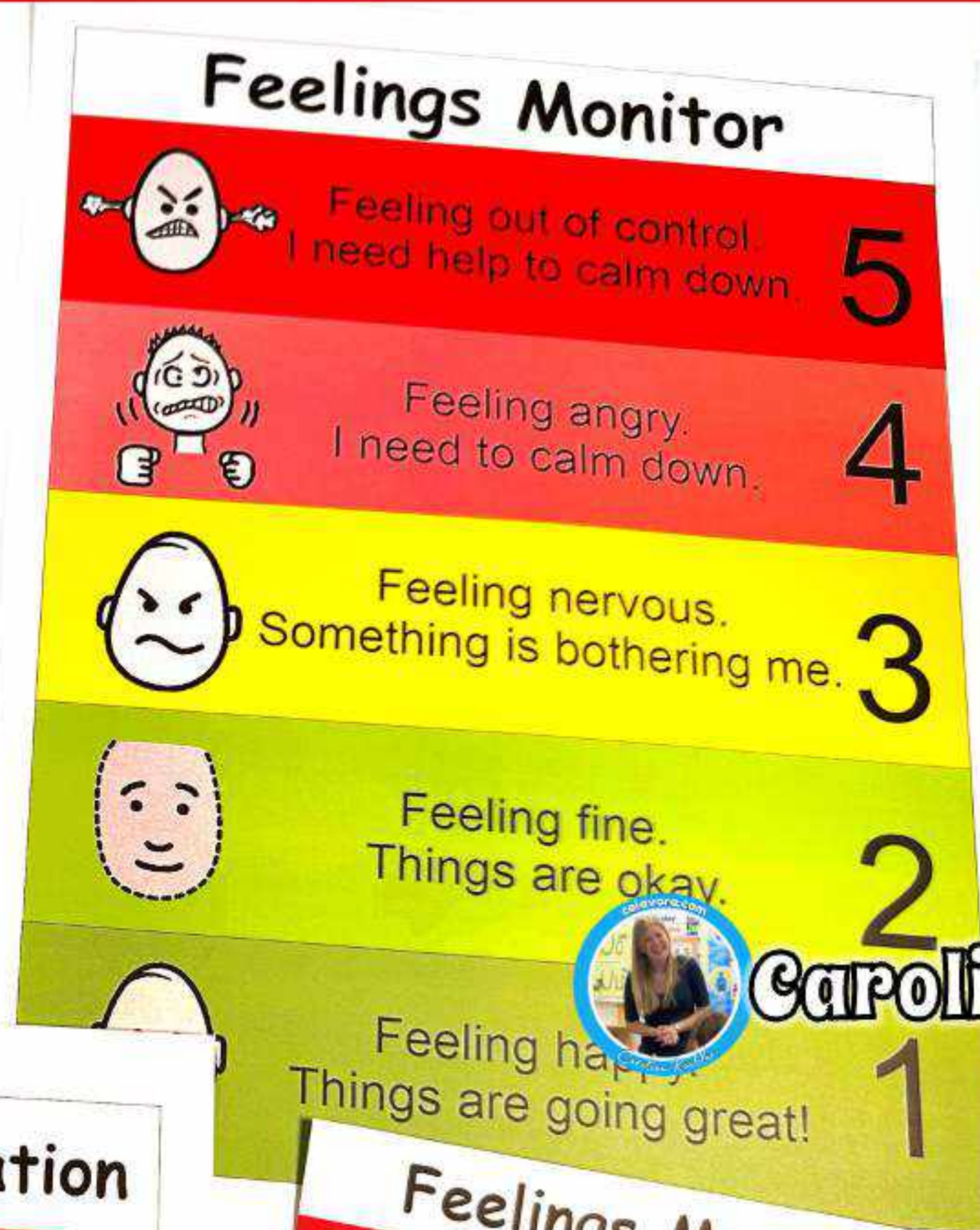
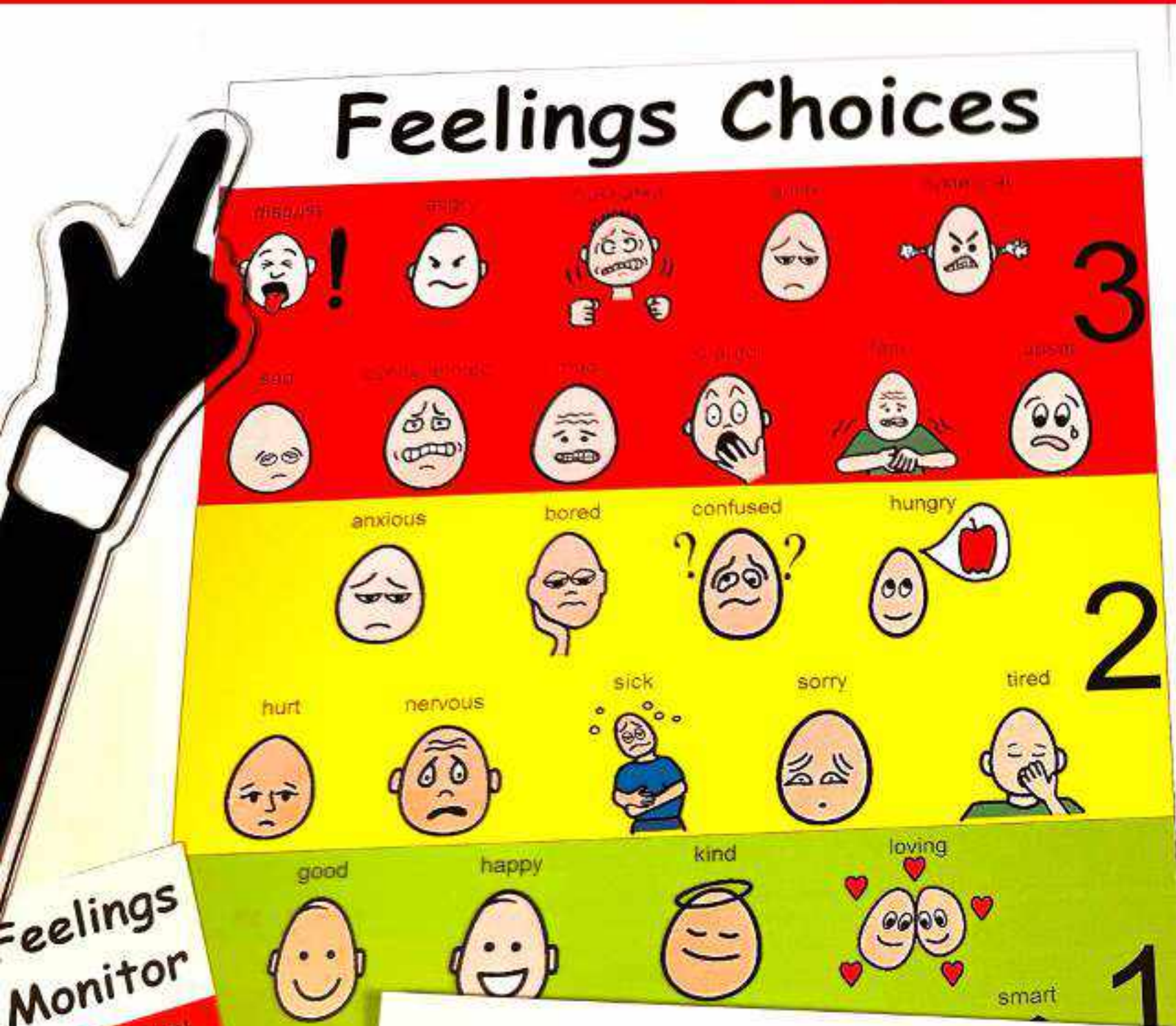
Caroline Koehler

| Feelings Monitor     |                            |                                                       |
|----------------------|----------------------------|-------------------------------------------------------|
| Losing control<br>5  | I need help to calm down.  | A teacher will help get me to a safe area.            |
| Feeling angry<br>4   | I need to calm down.       | I can ask for a break.                                |
| Feeling nervous<br>3 | Something is bothering me. | I can ask for sensory like brushing or deep pressure. |
| Feeling fine<br>2    | Things are okay.           | I can use a fidget. I can breathe deep.               |
| Feeling happy<br>1   | Things are going great!    | I can follow my schedule and continue working.        |

| Feelings Monitor     |  |
|----------------------|--|
| Losing control<br>5  |  |
| Feeling angry<br>4   |  |
| Feeling nervous<br>3 |  |
| Feeling fine<br>2    |  |
| Feeling happy<br>1   |  |



# FEELINGS + EMOTIONS MONITORS



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Caroline Koehler

The image displays a collection of 24 essential learning tools for social skills training, arranged around a central cartoon girl with red hair and a blue dress. The tools include:

- Effort Monitor:** A colorful card with numbers 1-5 and illustrations of a person's effort level.
- Truth Monitor:** A card with three levels of truth-telling, each with a corresponding illustration and a number (1, 2, 3).
- Arguing Advice:** A card with four sections: Manners, Voice Tone, Inner Monologue, and Consider, each with a number (1, 2, 3, 4) and a brief description of the skill.
- Feelings Choices:** A large card with a grid of 24 faces showing different emotions, numbered 1 through 24.
- STOP!** A card with a red stop sign and the text "Turn off the other things in your mind".
- Looking nervous:** A card with a face showing nervousness and the number 5.
- Feeling angry:** A card with a face showing anger and the number 4.
- Feeling nervous:** A card with a face showing nervousness and the number 3.
- Stealing Monitor:** A card with three levels of stealing, each with a corresponding illustration and a number (1, 2, 3).

The tools are designed to help individuals learn and practice social skills, such as communication, emotion recognition, and problem-solving.

- ✓ **Positive Behavior Management**
- ✓ **Social Emotional Learning Tools**
- ✓ **Simple but Powerful Visuals**