

WELLNESS MONITOR

➤ VISUAL TOOL

➤ SIMPLE LANGUAGE

➤ IDENTIFY NEED

➤ HEALTH SUPPORT

Wellness Monitor: Sick



I feel horribly sick.
I need to go to the emergency room.

5



I feel really sick.
I need to go to the doctor.

4



I feel sick.
I need to rest.



I feel fine.
I can do my regular activities.



I feel wonderful.
I can do sports.



Caroline Koehler

6

Wellness Monitor: Hurt

I feel injured.



5

I feel pain.

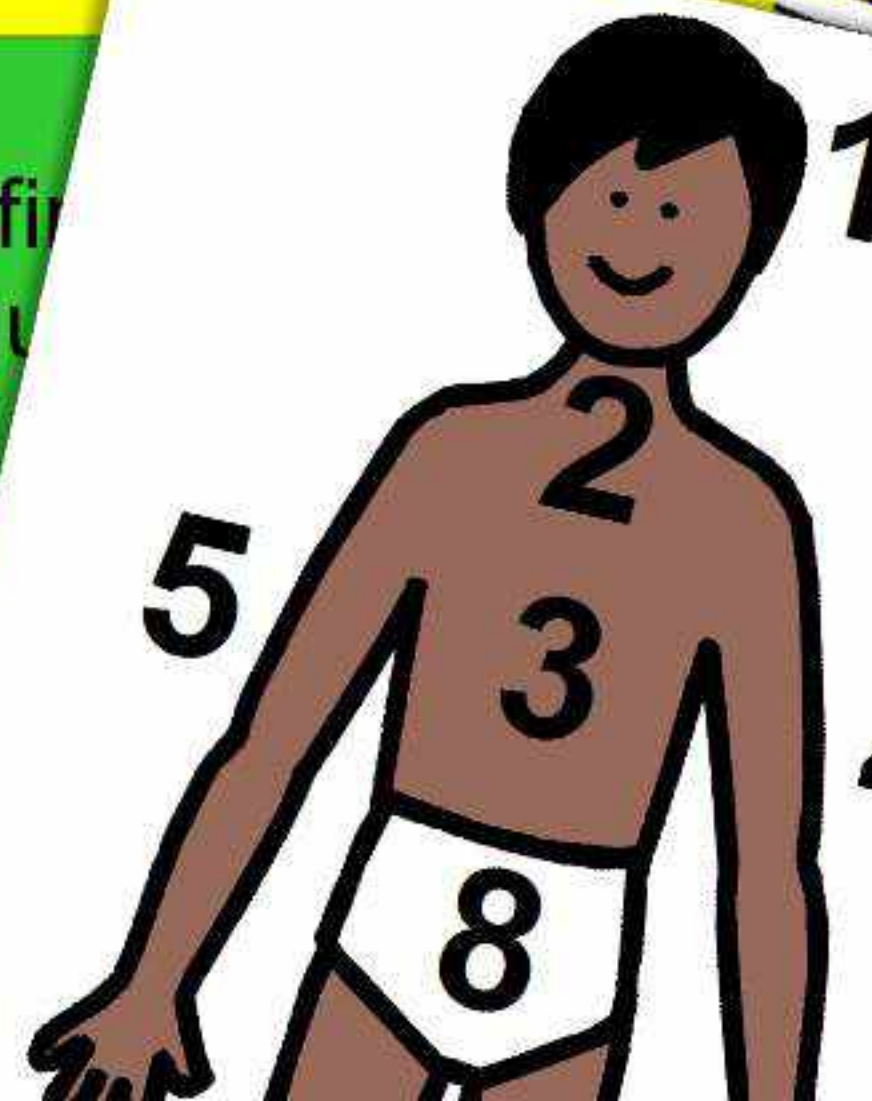


4

I feel achy.



3



WELLNESS MONITOR TOOL



WELLNESS MONITOR TOOL

Wellness Monitor: Hurt

	I feel injured and physically distressed. I need to go to the emergency room.	5
	I feel physical pain. I need to go to the doctor.	4
	I feel achy and tired. I need to rest in bed.	3
	I feel fine. I can do my regular activities.	2

Wellness Monitor: Sick

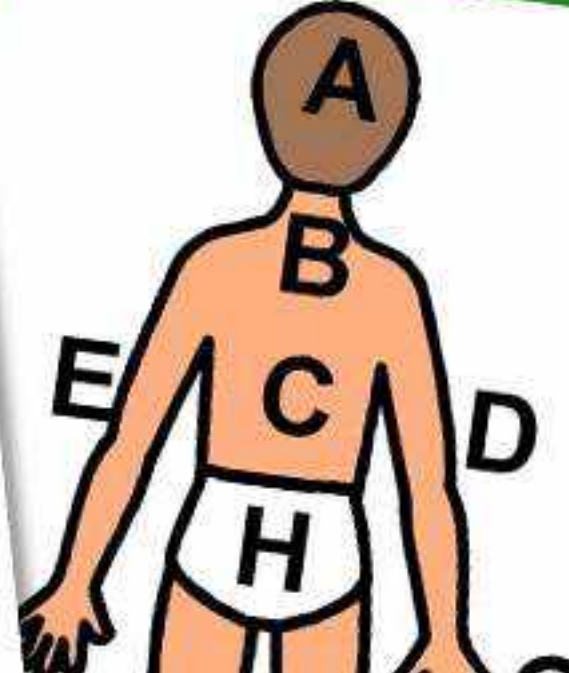
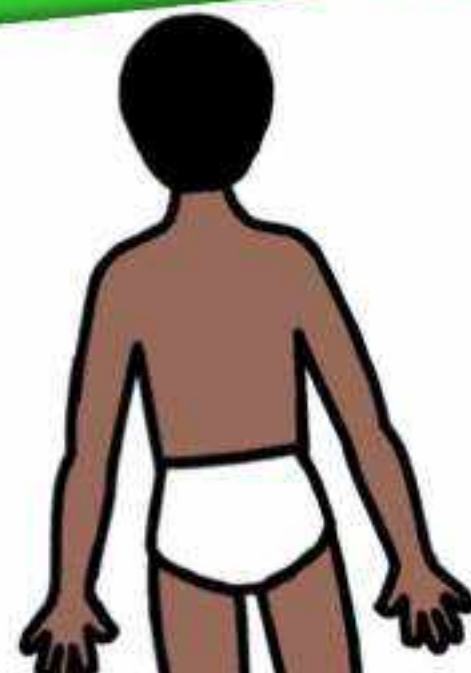
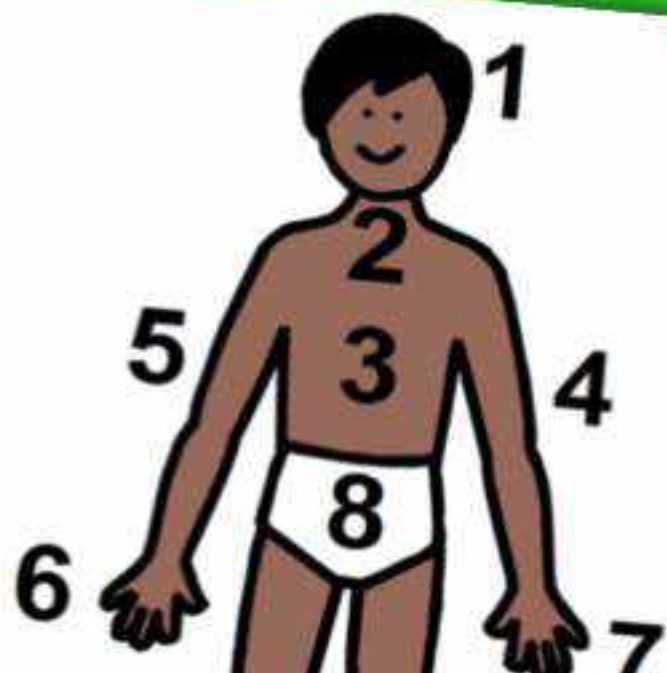
	I feel horribly sick. I need to go to the emergency room.	5
	I feel really sick. I need to go to the doctor.	4
	I feel sick. I need to rest.	3
	I feel fine. I can do my regular activities.	2
	I feel wonderful. I can do special activities.	1

Wellness Monitor: Hurt

	I feel injured.	5
	I feel pain.	4
	I feel achy.	3
	I feel fine.	2
	I feel wonderful.	1

Wellness Monitor: Sick

	I feel horribly sick.	5
	I'm really sick.	4
	I feel sick.	3
	I feel fine.	2
	I feel wonderful.	1



Caroline Koehler

WELLNESS MONITOR TOOL

Wellness Monitor: Sick

I feel horribly sick. 5	I have a broken bone. My body hurts a lot I'm afraid.	I need to go to the emergency room. My condition is life threatening.
I'm really sick. 4	I have a fever. I have vomited.	I need to go to the doctor. The doctor run tests and me treat.
I feel sick. 3	I am tired. Something on my body hurts.	I need to go to the doctor. I can go and see.
I feel fine. 2	I feel fine. My body is okay.	I can go to the doctor. I can go and see.
I feel wonderful. 1	I feel wonderful. My body is fine.	I can go to the doctor. I can go and see.

Wellness Monitor: Hurt

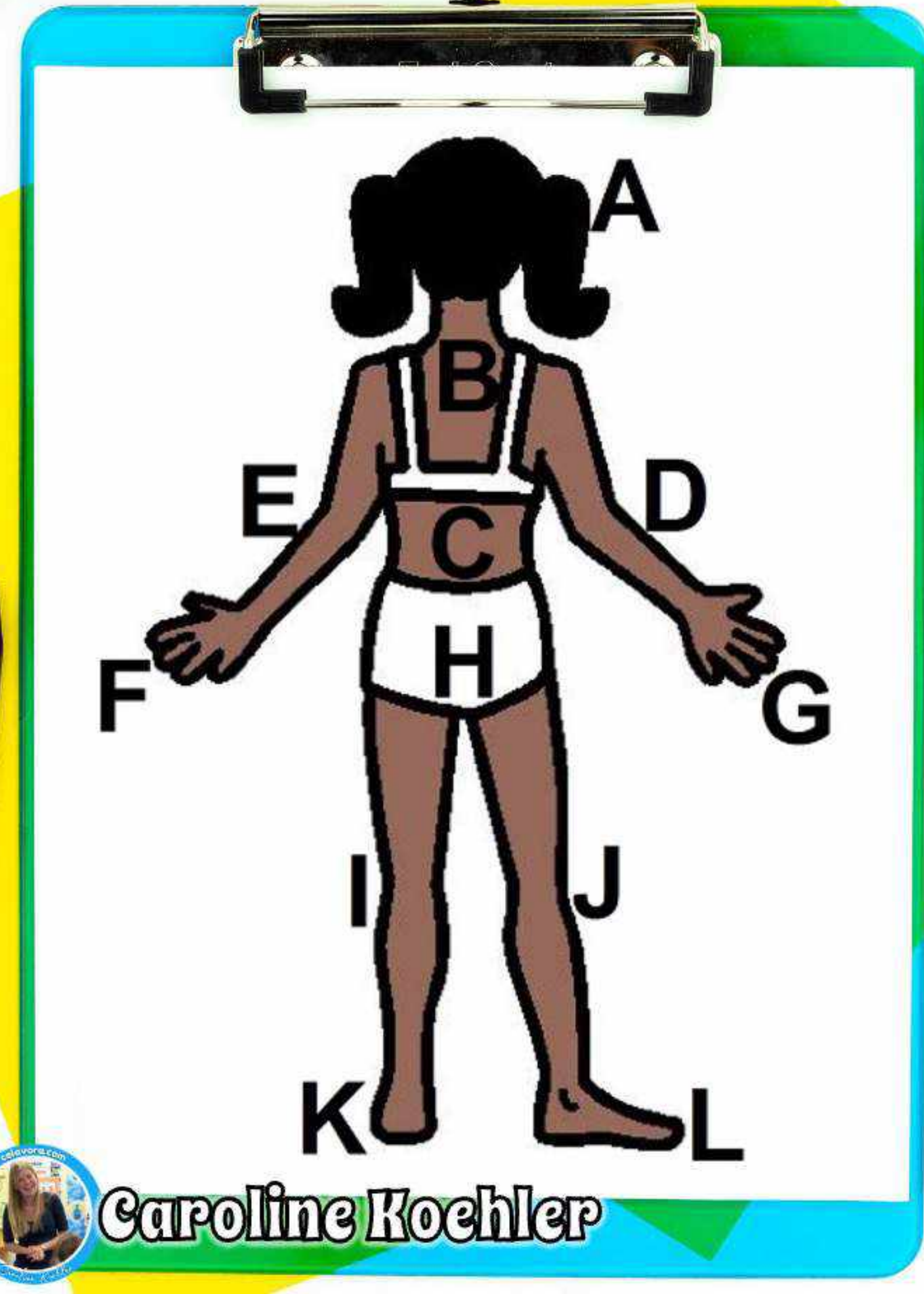
I feel injured. 5	I feel pain. 4	I feel achy. 3
I feel fine. 2	I feel fine. 1	I feel fine. 1

Wellness Monitor: Sick

I feel horribly sick. 5	I need to go to the emergency room.
I feel really sick. 4	I need to go to the doctor.
I feel sick. 3	I need to go to the doctor.
I feel fine. 2	I can go to the doctor.
I feel wonderful. 1	I can go to the doctor.

Wellness Monitor: Hurt

I feel injured. 5	I feel pain. 4	I feel achy. 3
I feel fine. 2	I feel fine. 1	I feel fine. 1



Click here for visual p behavior

Caroline Koehler

The image displays a collection of 24 essential learning tools for social skills training, arranged in a grid-like fashion with a cartoon girl in the center. The tools are:

- Effort Monitor:** A colorful chart with numbers 1-5 and corresponding effort levels.
- Truth Monitor:** A chart with three levels of truth-telling, each with a corresponding number (1, 2, 3) and a cartoon character.
- Tattling Monitor:** A chart with numbers 1-5 and corresponding tattling levels.
- Arguing Advice:** A chart with four levels of arguing advice, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Feelings Choices:** A large chart with four rows of faces showing different emotions (happy, sad, angry, surprised) and corresponding numbers (1, 2, 3, 4).
- Manners:** A chart with four levels of manners, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Voice Tone:** A chart with four levels of voice tone, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Inner Monologue:** A chart with four levels of inner monologue, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Scripted Phrases:** A chart with four levels of scripted phrases, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Consider:** A chart with four levels of consideration, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Ask:** A chart with four levels of asking, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Looking mad:** A chart with four levels of looking mad, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Feeling angry:** A chart with four levels of feeling angry, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Feeling nervous:** A chart with four levels of feeling nervous, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Happy:** A chart with four levels of happiness, each with a corresponding number (1, 2, 3, 4) and a cartoon character.
- Stealing Monitor:** A chart with four levels of stealing, each with a corresponding number (1, 2, 3, 4) and a cartoon character.

The cartoon girl in the center is a pink girl with blonde hair, wearing a blue shirt and a yellow bow.

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