

Stress Thermometer

ANGER

Most Stressed
Ever

What I Feel

What I can Do

I feel very upset

I can go to a calming area

I feel pretty upset

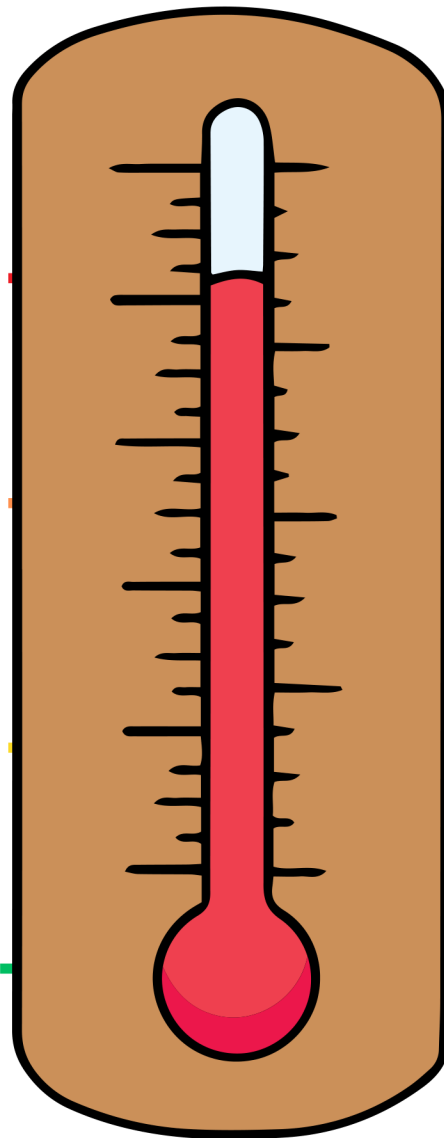
I can request a break

I feel upset

I can take deep breaths

I feel a little upset

I can drink some water



No Stress

Acuity Behavior Solutions

714-696-2862

www.acuitybehaviorsolutions.com

We provide Applied Behavior Analysis for children with Autism and other developmental disabilities, therapy that teaches children a variety of communication, social, behavioral, and life skills. Copyright Acuity Behavior Solutions 2023.

Email: info@acuitybehaviorsolutions.com Web:

www.acuitybehaviorsolutions.com

