|  |  |  |  |
| --- | --- | --- | --- |
| **Number** | **Looks Like** | **Feels Like** | **What to do**  |
| **5** |  | **Anger, Terror, Explosive Behavior** |  |
| **4** |  | **Stress, Frustration, Anxiety** |  |
| **3** |  | **Silly, Wiggles, Nervous** |  |
| **2** |  | **Okay and in Control** |  |
| **1** |  | **Great! Happy Calm, Alert** |  |
| **-1** |  | **Bored, Not interested** |  |
| **-2** |  | **Down, Sad** |  |
| **-3** |  | **Sick**  |  |

**Brent’s Feeling Scale**