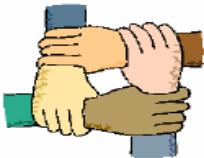


# What makes you feel upset?

(Circle all that make you feel sad, mad, scared or other feelings)

## Touch



Being touched



Too many people

## See



Darkness

## Hear



Loud noises



Yelling



Thunderstorms

## Other



Missing someone



Being left alone



Being surprised



Having a fight with a friend



Not having visitors



Being hungry



Being tired



Someone being mean



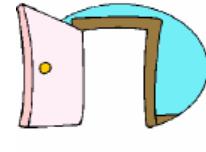
Being sick



Certain time of year



Certain time of day/night



Having my bedroom door open

Anything else that makes you feel upset? \_\_\_\_\_

NOTE: The following are general triggers for people

Being told what to do rather than asked;

Being told no rather than being given choices.

# What happens to my body when I am angry, scared or upset?

(Circle all that apply)



Cry



Clench teeth



Loud voice



Red/hot face



Laughing/giggling



Being mean or rude



Swearing



Racing heart



Breathing hard



Wringing hands



Clenched fists



Upset stomach



shaking or tapping



Jumping up and down  
or stamping feet



Rocking



Hyper



Running or pacing

## What helps you feel better?

(Circle all that help you)

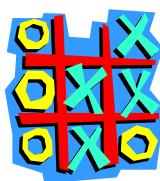
### Touch



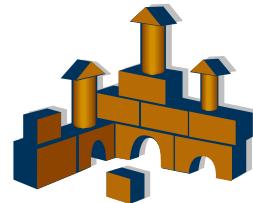
Writing



Fidget tools



Games



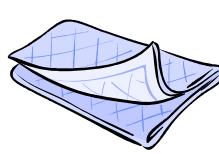
Toys or Blocks



Bath or Shower



Stress ball or clay



Special blanket or cloth

Any other objects you touch or hold that help you feel better? \_\_\_\_\_

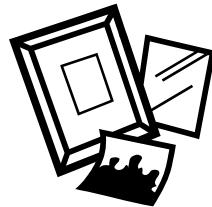
### See



Reading



Watching TV



Looking at pictures



Using a computer

Any other objects you like to look at that help you feel better? \_\_\_\_\_

### Movement



Using a rocking chair



Swinging



Dancing



Sports  
(kickball, basketball, soccer, etc)

Any other movements you like that help you feel better? \_\_\_\_\_

## Hear



Talking on the telephone



Listening to music



Singing or humming



Quiet place



Counting to ten

Do you prefer music that is:  Loud or  Soft

What type of music do you prefer: \_\_\_\_\_

Any other sounds or noises that help you feel better? \_\_\_\_\_

## Pressure touch



Hugging a stuffed animal



Sitting in a bean bag chair



Using a weighted blanket



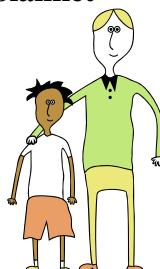
Climbing on a jungle gym



Exercise



Sitting on a therapy ball



Getting a hug

Any other activities that help you feel better? \_\_\_\_\_  
(Examples: blowing bubbles, deep breathing, etc.)

## Smell

Any smells that help you feel better? \_\_\_\_\_  
(Examples: peppermint, popcorn, cookies, flowers, etc.)

## Taste

Any certain tastes that help you feel better? \_\_\_\_\_  
(Examples: chewy, crunchy, salty, sour, spicy, etc.)

Are there times that it is important or helpful for you to eat? \_\_\_\_\_