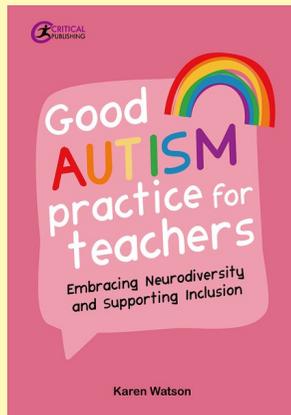


# Emotional Regulation Resources - Taster Pack



Together with Karen Watson, the Education Team at Widgit have worked to produce a sample pack of Emotional Regulation Resources.

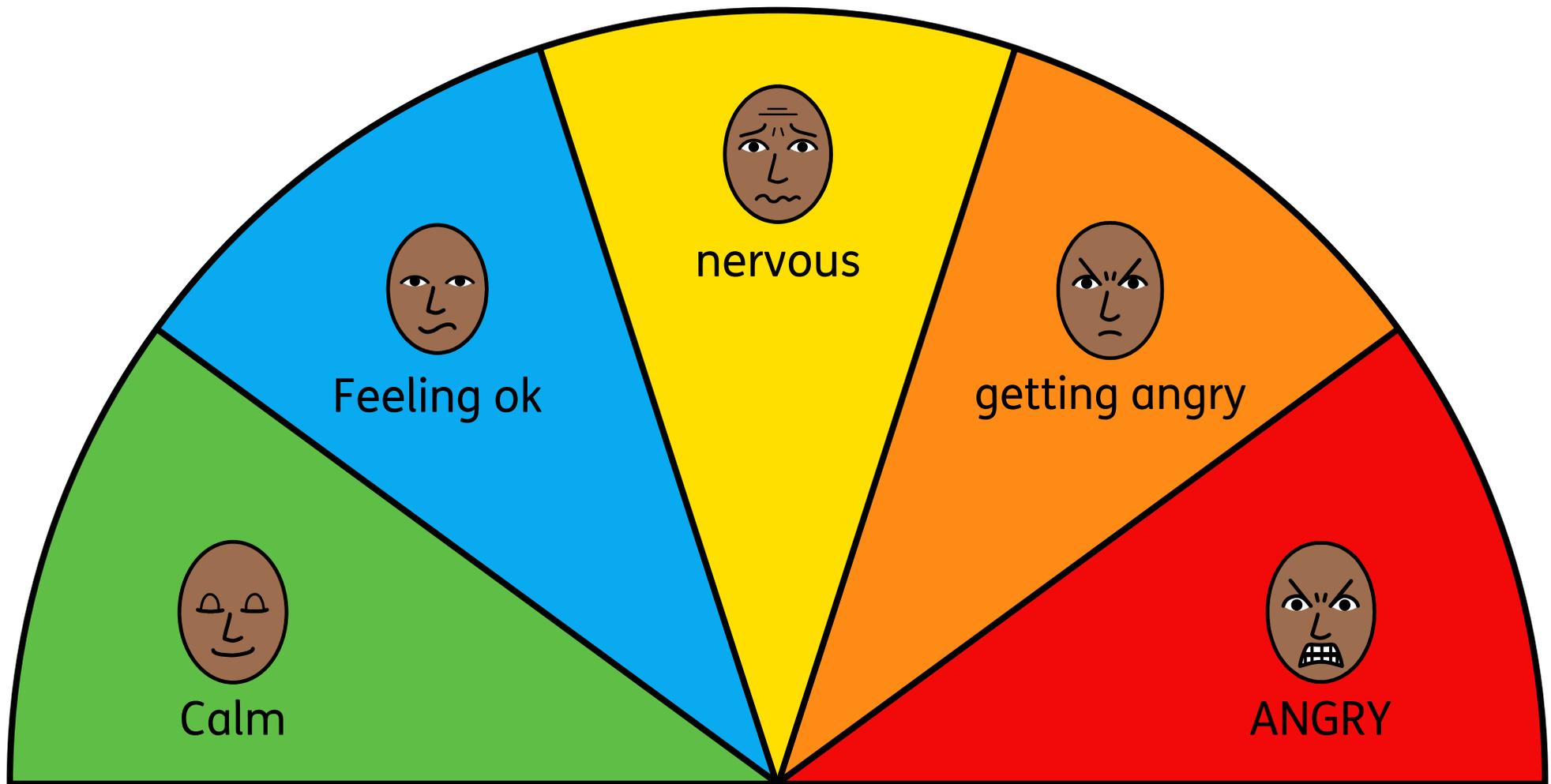
Karen (@scottish\_asn\_teacher) is an Additional Support Needs (ASN) educator, inclusion champion, author and teacher based in Scotland. She is passionate about inclusion and accessible education, and is committed to providing opportunities for all.

Karen has over ten years experience in the ASN sector and has worked in a variety of teaching roles including Principal Teacher. She has written for TES, has her own podcast 'Scottish ASN Teacher' and also presents on Teacher Hug Radio.

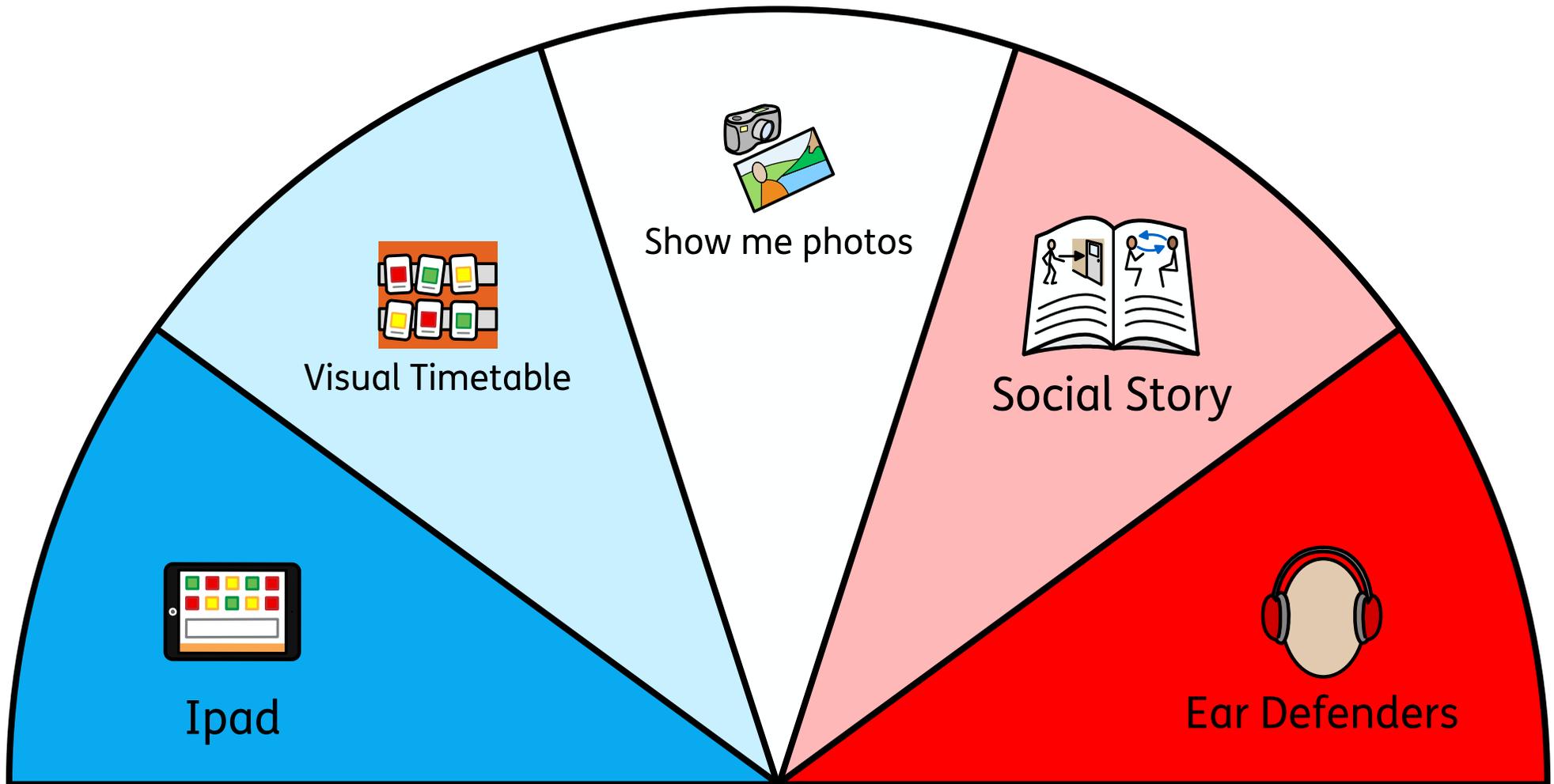
This pack contains a number of sample resources from our Comprehensive Autism Pack which will be released in June. The full pack (available in both Widgit Online and InPrint 3 formats) will include over 100 different resources to support autistic people and their families.

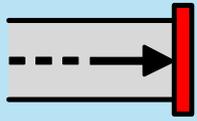
Emotional Scales work best when personalised to the individual and their needs. These samples are presented as a guide only for a range of scenarios.

# Feelings Scale



# How to Help Me Scale

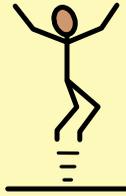




finish



hide



jump



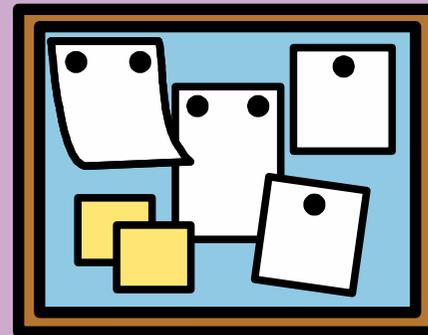
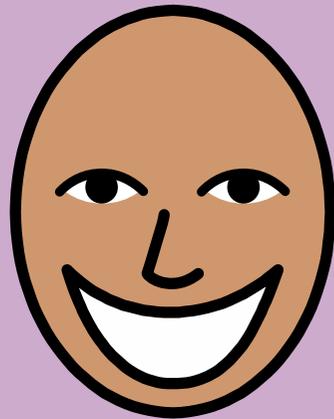
flap hands



spin



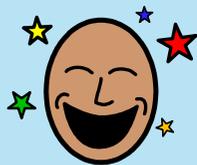
success



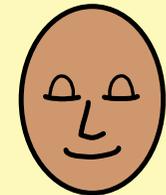
# Happy Board



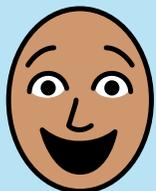
shout



fun



calm



surprise



movement



trip



take a break



squeeze



## Triggers Board



noise



smell



pain



hurt



share



mess



work



poorly



finished



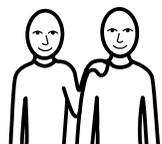
success



fun



surprise



friends



trip



touch



hungry



thirsty

# Feelings and Emotions

## Blue



Sick



Sad



Tired



Bored



Moving slowly

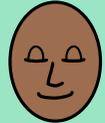


Depressed

## Green



Happy



Calm



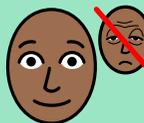
Feeling OK



Focussed



Ready to learn



Alert

## Yellow



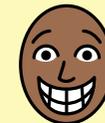
Frustrated



Worried



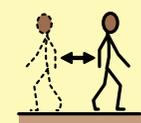
Silly



Excited



Loss of some control



Restless

## Red



Angry



Mean



Yelling



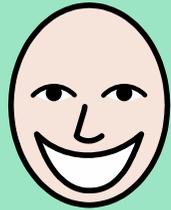
Hitting



Disgusted



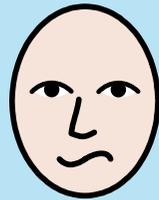
Biting



**Happy**

More resources  
available from  
[www.widgit.com](http://www.widgit.com)

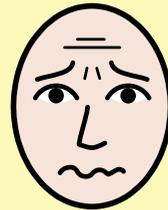
Widgit Symbols ©  
Widgit Software Ltd  
2002 – 2022



**OK**

More resources  
available from  
[www.widgit.com](http://www.widgit.com)

Widgit Symbols ©  
Widgit Software Ltd  
2002 – 2022



**Anxious**

More resources  
available from  
[www.widgit.com](http://www.widgit.com)

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**Upset**

More resources  
available from  
[www.widgit.com](http://www.widgit.com)

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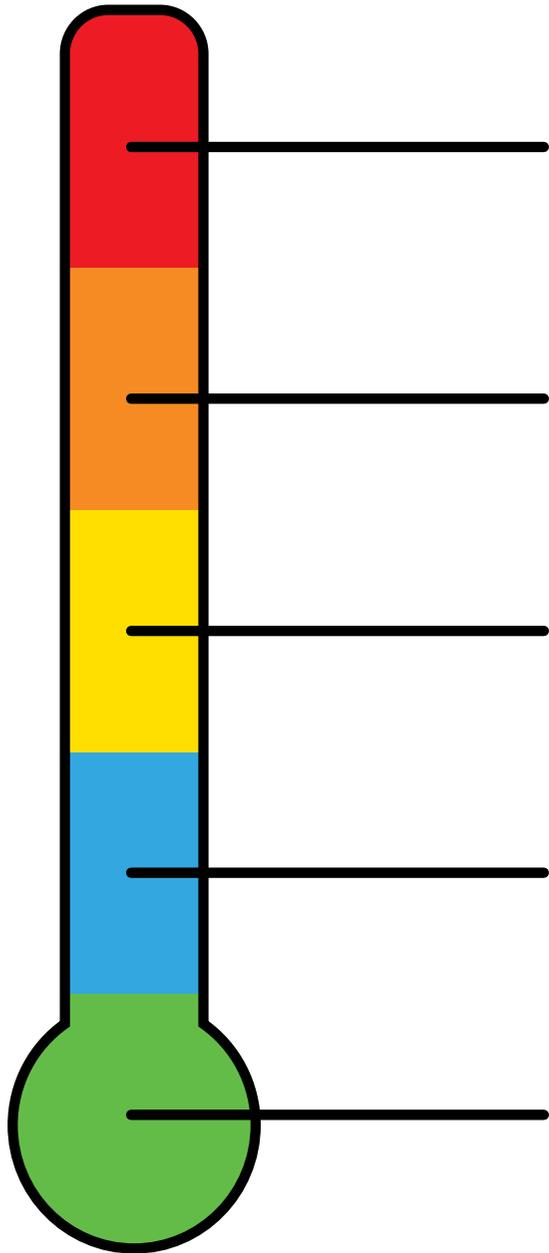


**Angry**

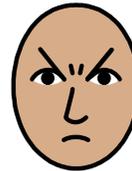
More resources available  
from  
[www.widgit.com](http://www.widgit.com)

Widgit Symbols  
© Widgit Software Ltd  
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# People and Routines Thermometer



5



angry

4



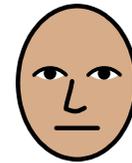
upset

3



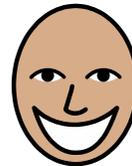
worried

2

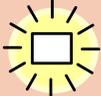


ok

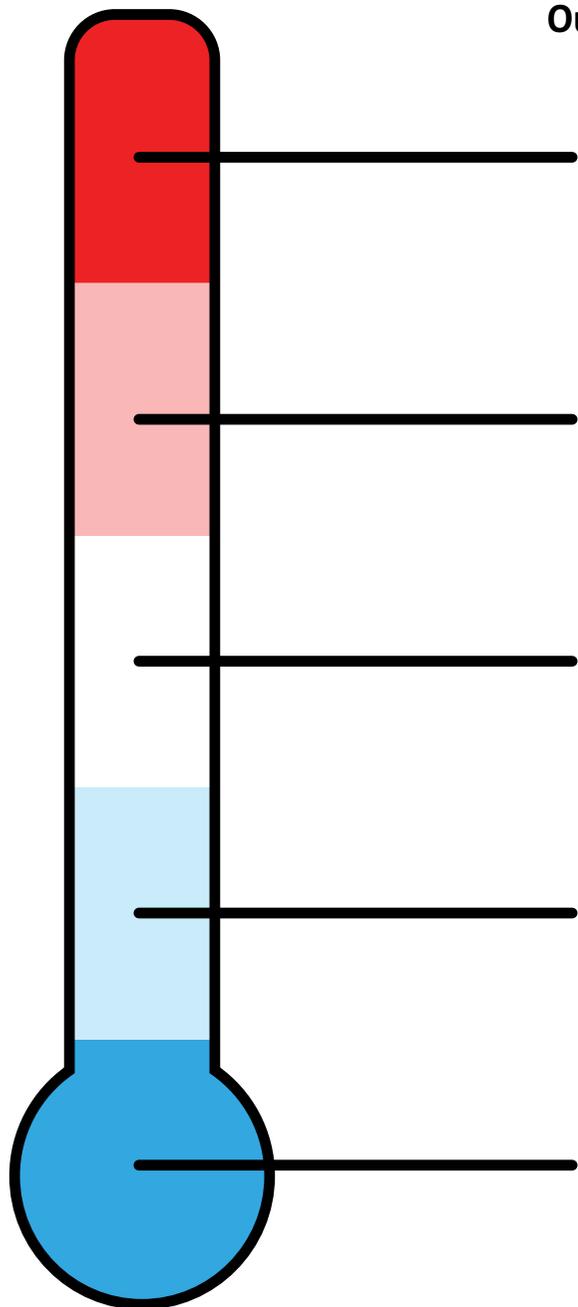
1



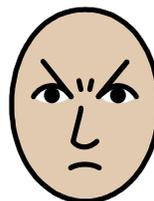
happy

 Change
  or  New places or people
 School
 and  My family and friends
  Alone time

# Out and About Thermometer



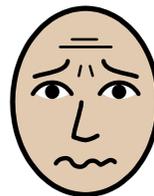
5



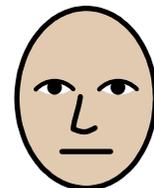
4



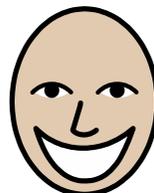
3



2



1



Traffic



Busy



Shopping



Home



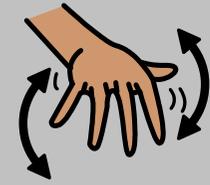
McDonalds



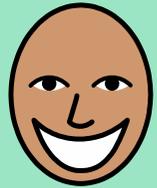
I feel



My body is



I might



happy



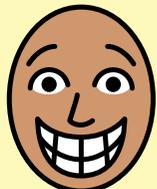
Jumpy



carry on



trampette



excited



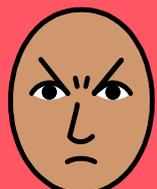
spinning



carry on



use my fidget toy



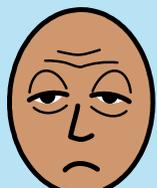
angry



biting



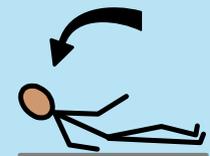
use my chewy



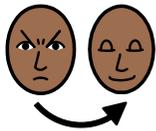
tired



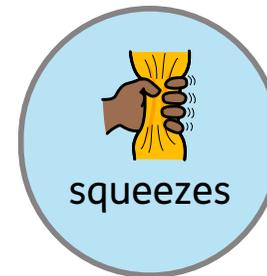
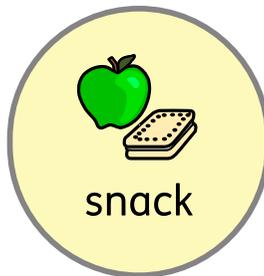
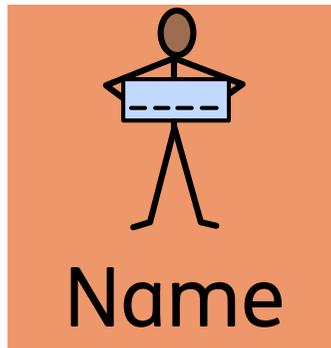
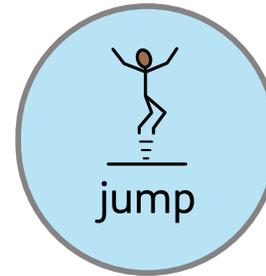
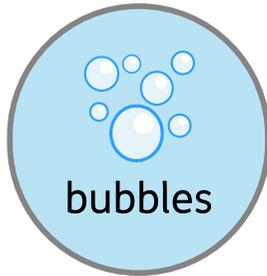
wobbly

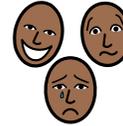


lie down



# My Regulation Strategies





# Talking about my feelings



Today I felt \_\_\_\_\_



This made me \_\_\_\_\_



To feel better I \_\_\_\_\_



This worked / didn't work



Next time I can try \_\_\_\_\_