

# How am I feeling about things?

Name:

Date:



**1**

Very happy



**2**

Happy



**3**

OK I guess



**4**

Quite unhappy



**5**

Awful!

	1	2	3	4	5
School					
School overall					
Maths					
Reading					
Writing					
Science					
RE					
PE					
Assembly					
Music					
Computing					
Art					
Making things – models					
Short Break times					
Long Lunch Breaks					
The Class Teacher					
Helpers in class					
Friends in school					
When the timetable changes from what I expect					
Getting things wrong					
Getting a reward or “Well done”					
When adults shout/get cross					

	1	2	3	4	5
<b>School contined...</b>					
Working on my own					
Working in a partner					
Getting messy/dirty					
Not being allowed to do what I want					
Wet Break Times					
Homework					
The dinner hall at lunch times					
Fun time (if I do it)					
Reward systems ( house points for example)					
If people don't want to do the things I want to do					
Uniform					
Other stuff about school – write on the lines below					

<b>Family and Friends</b>					
My parents					
Brothers and sisters?					
My bedroom					
My house					
Playing with things I like					
Losing at a game					

	1	2	3	4	5
<b>Family and Friends continued...</b>					
Being told I can't do something					
Meal times – food					
When I need to go out of the house					
Going to sleep					
Getting up in the morning					
My feelings straight after school					
When I need to share space or things					
Weekends					
If I need to be off school					
When my parents need to come into school					
When friends from school come to play					
Big family "get togethers"					
Going on holiday					
When I go to someone else's house					
My birthday					
Christmas time					
Getting my hair cut					
When my brother or sister has friends round					
If I need to be off school					
When my parents need to come into school					

	1	2	3	4	5
When friends from school come to play					
Big family "get togethers"					
Going on holiday					
When I go to someone else's house					
My birthday					
Christmas time					
Getting my hair cut					
When my parents are busy					

## Myself and other stuff

Being me					
My ASD					
Feeling about what other people think of me					
My future					
Being worried					
Being happy					
Being angry					
Being sad					
Being on my own					
Being with my family					
Being with my friends					

	1	2	3	4	5
<b>Myself and other stuff continued...</b>					
Being with strangers					
Crowded places					
People laughing at me					
People laughing WITH me					
Getting praised in front of lots of people					
Getting older					

Things that stress me out – write on the lines below

My interests (list below if needed)

Who needs to know about how I am feeling?

Plans to help myself feel better