

MOOD METER – Check Your Engine!

<p>EXPLODE!</p>	<p>Engine Blown!</p>  <p>Explosion!</p>  <p>Furious! Scared</p>	<p>My breathing is: _____ My head feels: _____ My belly feels: _____ My hands/feet feel: _____</p> <p>I need quiet, space and...</p>
<p>STOP</p>	<p>Engine Speeding</p>  <p>Water Boiling!</p>  <p>Mad Upset Worried Hurt</p>	<p>My breathing is: _____ My head feels: _____ My belly feels: _____ My hands/feet feel: _____</p> <p>I need comfort and someone to listen and...</p>
<p>CAUTION</p>	<p>Engine Revving</p>  <p>Water Bubbling</p>  <p>Frustrated Irritated Nervous Confused Tired Sick, Blah Annoyed</p>	<p>My breathing is: _____ My head feels: _____ My belly feels: _____ My hands/feet feel: _____</p> <p>I need connection, help and...</p>
<p>GOOD</p>	<p>Engine Calm</p>  <p>Smooth Sailing</p>  <p>Calm Good Ready Happy Excited</p>	<p>My breathing is: _____ My head feels: _____ My belly feels: _____ My hands/feet feel: _____</p> <p>I need fun, friendship and...</p>
<p>CHILL</p>	<p>Engine Idle</p>  <p>Water Calm</p>  <p>Relaxed Quiet Sleepy</p>	<p>My breathing is: _____ My head feels: _____ My belly feels: _____ My hands/feet feel: _____</p> <p>I need quiet, gentle touch and...</p>