


No more Meltdowns Bookmark

Cut out bookmark and fold down the center and glue or tape the two sides together, or use flat.



To use the No More Meltdown bookmark:

At any point during the day a child can be asked to describe how he/she feels by simply pointing to the appropriate box.

No more Meltdowns	No more Meltdowns
How are you feeling <u>right now</u>?	How are you feeling <u>right now</u>?
10  Very Happy	5  Unhappy
9  Happy	4  Very Unhappy
8  A Little Happy	3  Angry
7  Okay	2  Very Angry
6  A Little Unhappy	1  Ready For Meltdown