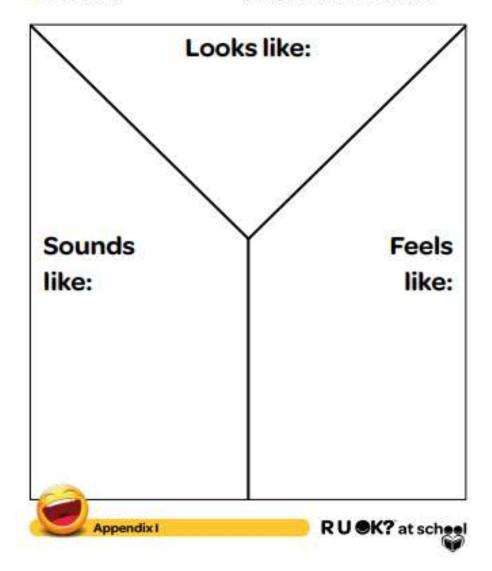
## **Feelings Chart**

A Y-chart identifies what something:

- Looks like
- Feels like
- Sounds like



What you think not feeling OK looks, sounds and feels like.



## Continuum worksheet



Place the characteristics along the continuum as a class, then complete your own.

