When Things Get Too Loud

1. What is a Feel-O-Meter?

2. Look at the Feel-O-Meter below. Draw a face in each box to show how someone might feel at the start (number 1), the middle (number 5), and the end (number 10)!



3. What's something that would make you feel like a 1 or a 2 on the Feel-O-Meter?

4. What is something that makes you feel like a 9 or 10?

When Things Get Too Loud pt 2

5 When something feels like too much, do your numbers go up slowly, quickly, or does it depend?

6. When you reach a bigger, louder number, what are some things you can do to help get the number lower?

7. The book showed some things that helped Bo feel calmer. Can you remember one of them?

8. If you have a hard time getting the number lower yourself, who will you ask for help?

9. If you had a friend who was having a hard time with their emotions, what's something you could do to be a good friend to them?

When Things Get Too Loud pt 3

Art Challenge!
Draw your very own calm-down place! Where do you go, or where would you like to go, when you need to feel safe and calm?

Show us what helps you feel peaceful when your Feel-O-Meter is climbing!

Think about:
Where is your calm place? (A cozy corner, your bedroom, outside in nature?)
What do you have with you? (A soft blanket, a favourite toy, a pet?)
What sounds, or quiet, help you feel calm?
What colours make you feel peaceful and happy?