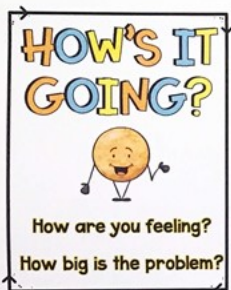
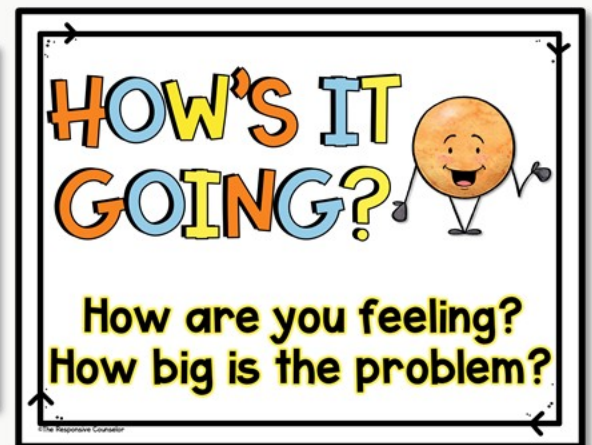
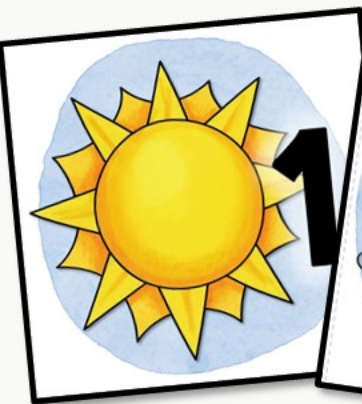


Problems + Feelings Scale

Functional Counseling Decor



Assembly Directions:

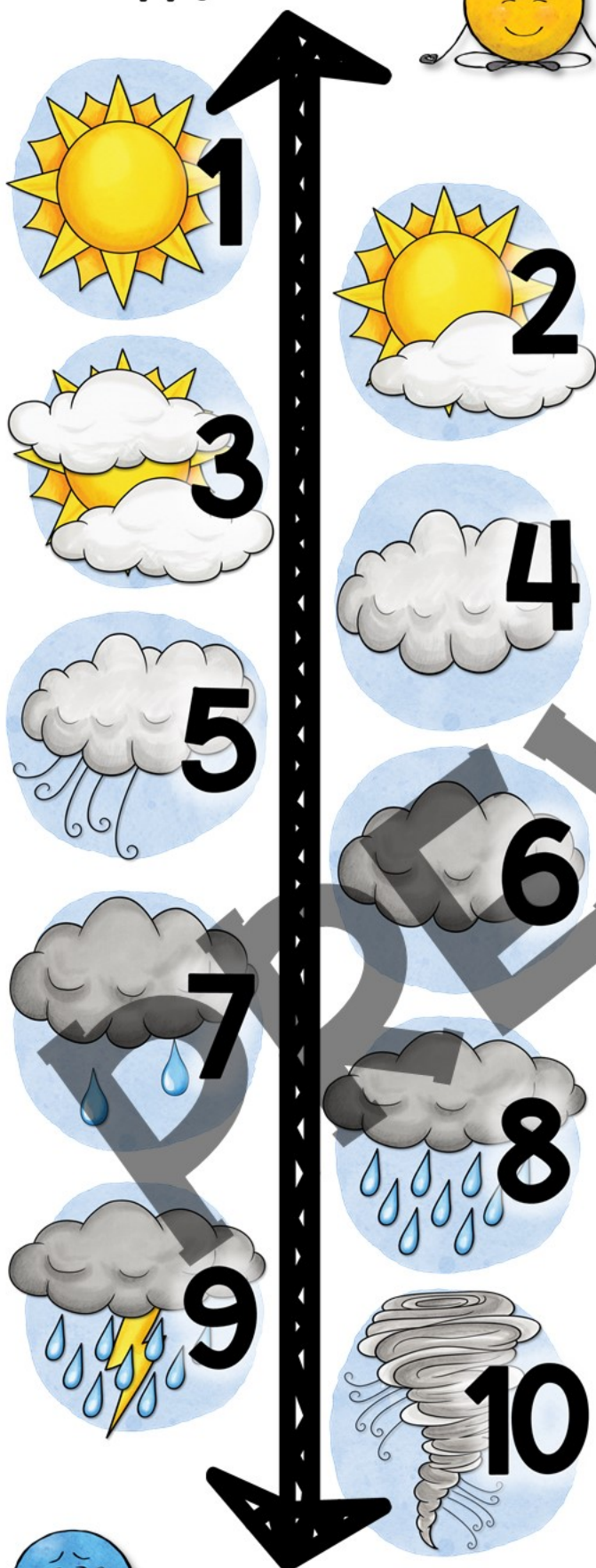
- Decide if you want the horizontal (5.5'x1') or vertical (1'x5.5') display
- Print and cut the correct pieces
- Tape or hot glue arrow pieces first, placing the pieces so the edges touch
- Then adhere the header and footer ("How's it Going?" and rainbow) pages
 - For vertical: Align the right edge of the header and footer with the right edge of the arrow pieces
 - For horizontal: Align the bottom edge of the header and footer with the bottom edge of the arrow pieces
- Adhere the weather/number pieces, starting with 5 and 6 and then working your way in the other directions
 - Space them with about 0.25" inches apart
 - Align the outer (left with vertical, upper with horizontal) edge of these with the header/footer

Also includes the weather images for the full size scale with the numbers in reverse order (10 as best and 1 as worst). I did not change the arrows so to use the arrow with reverse order, you would hang from 10 (top/left) to 1 (bottom/right).

Usage Directions:

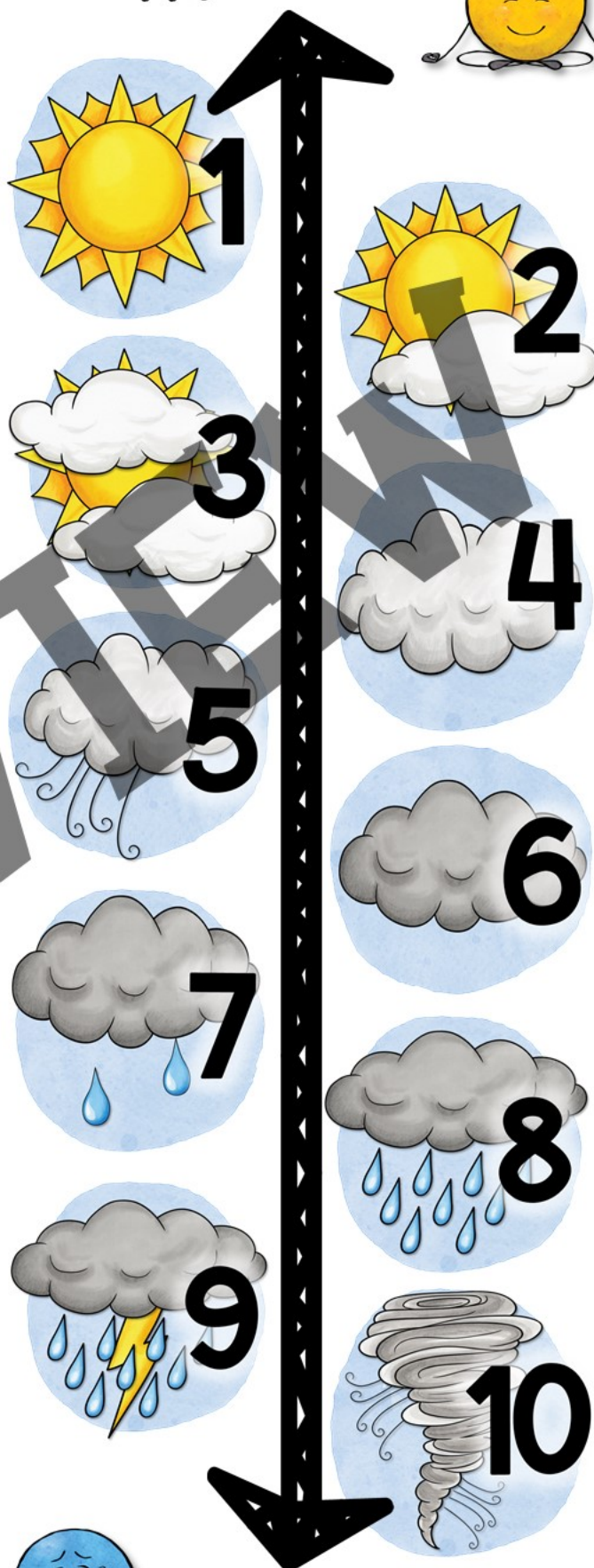
- To assess student's sense of well-being before and after sessions or before and after treatment
- For use in solution-focused counseling
- In discussing varying sizes of problems
- For comparing size of problem and size of emotional reaction

Wonderful, problem free,
and happy as can be!



Terrible, horrible, no
good, and very bad.

Wonderful, problem free,
and happy as can be!

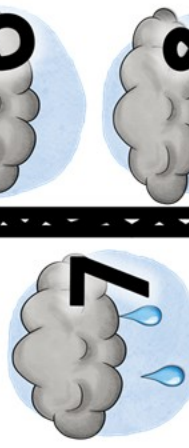
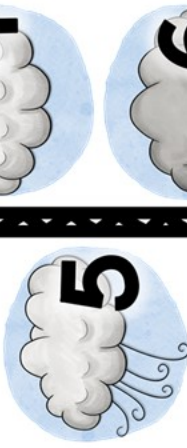
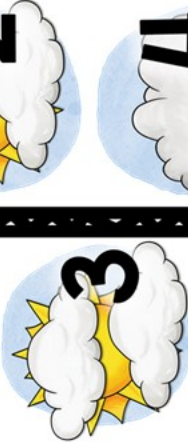
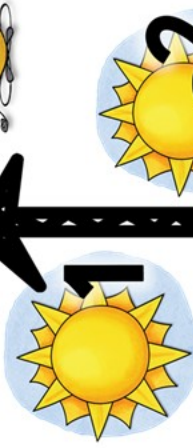


Terrible, horrible, no
good, and very bad.

HOW'S IT GOING?

Wonderful, problem free,

and happy as can be!



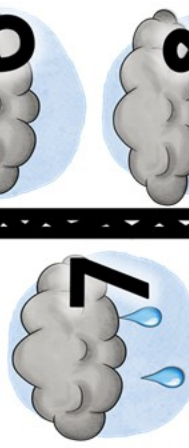
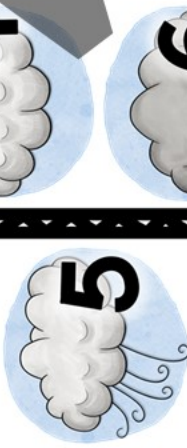
Terrible, horrible, no good, and very bad.

©The Responsive Counselor

HOW'S IT GOING?

Wonderful, problem free,

and happy as can be!



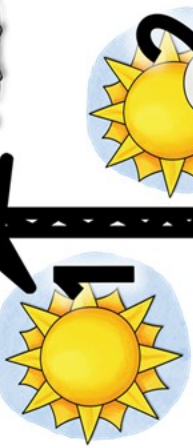
Terrible, horrible, no good, and very bad.

©The Responsive Counselor

HOW'S IT GOING?

Wonderful, problem free,

and happy as can be!



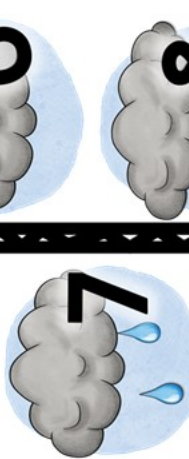
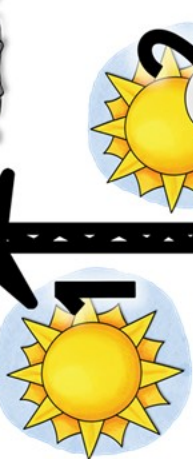
Terrible, horrible, no good, and very bad.

©The Responsive Counselor

HOW'S IT GOING?


Wonderful, problem free,

and happy as can be!



Terrible, horrible, no good, and very bad.

©The Responsive Counselor

HOW'S IT GOING? 

How are you feeling?
How big is the problem?



Wonderful, problem free,
and happy as can be!



Terrible, horrible, no
good, and very bad.

Vertical Version

After the storm comes the rainbow.

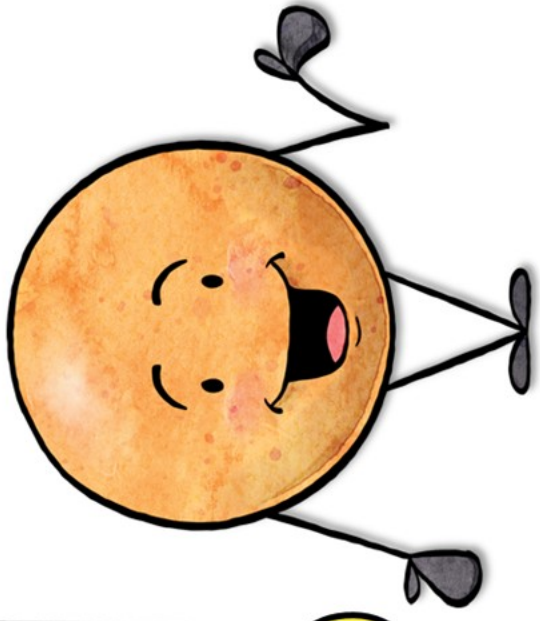


IT GETS BETTER

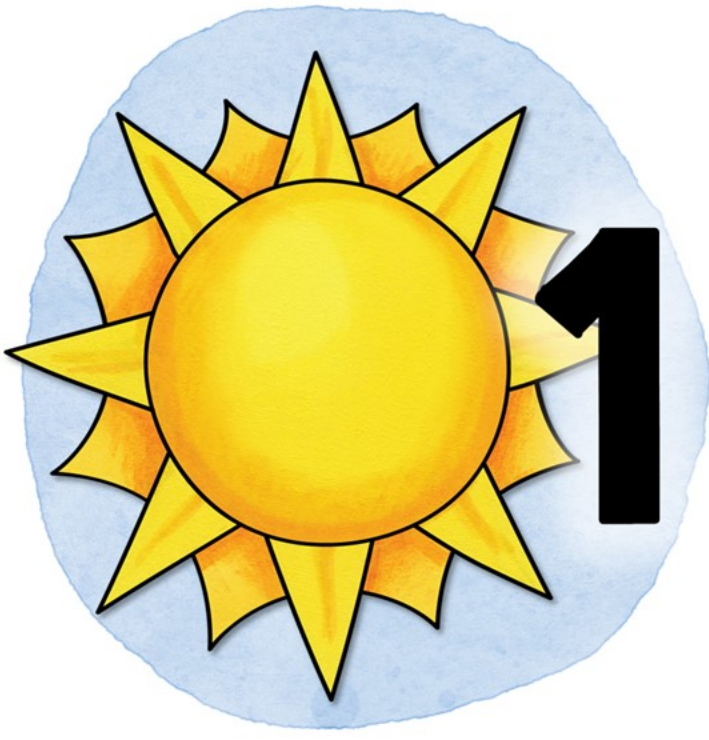
Horizontal Version



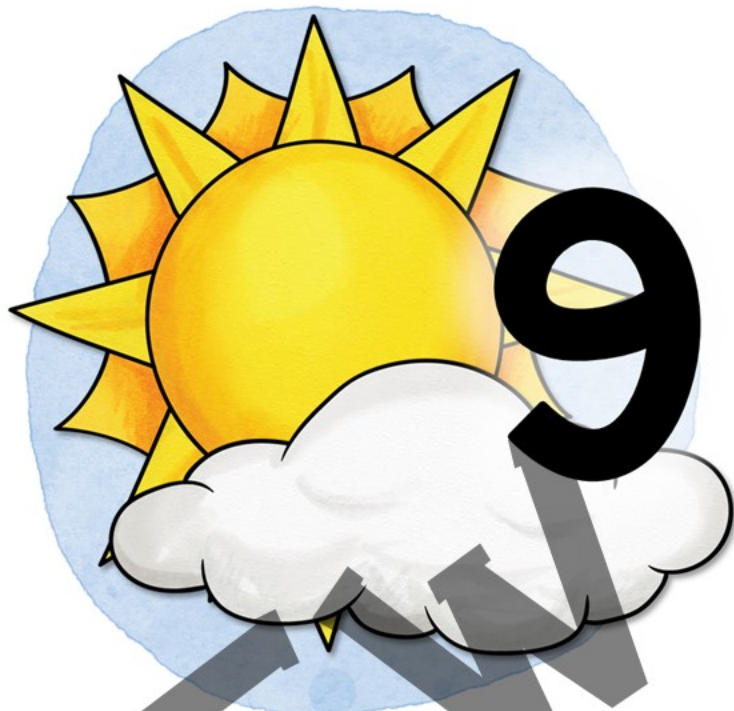
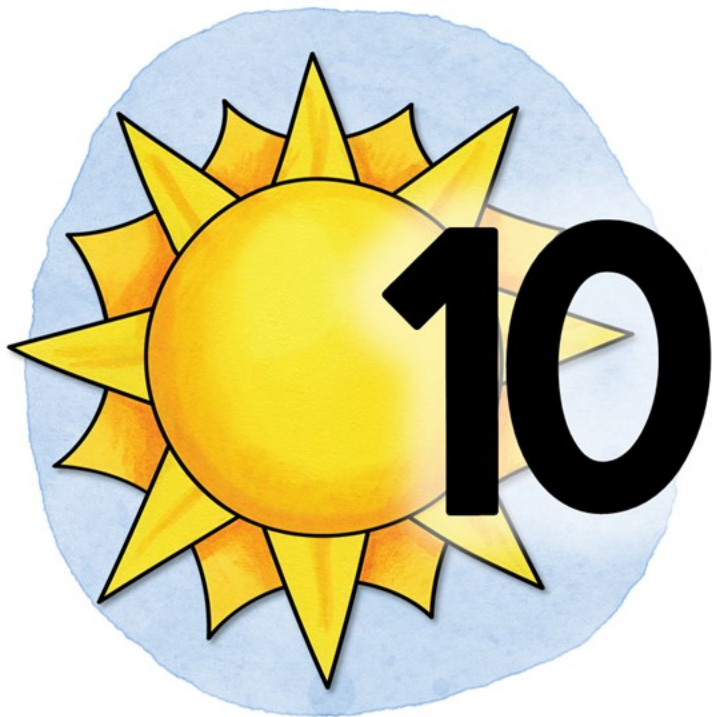
HOW'S IT GOING?



How are you feeling?
How big is the problem?



**Numbers Best/Lowest
to Worst/Highest**

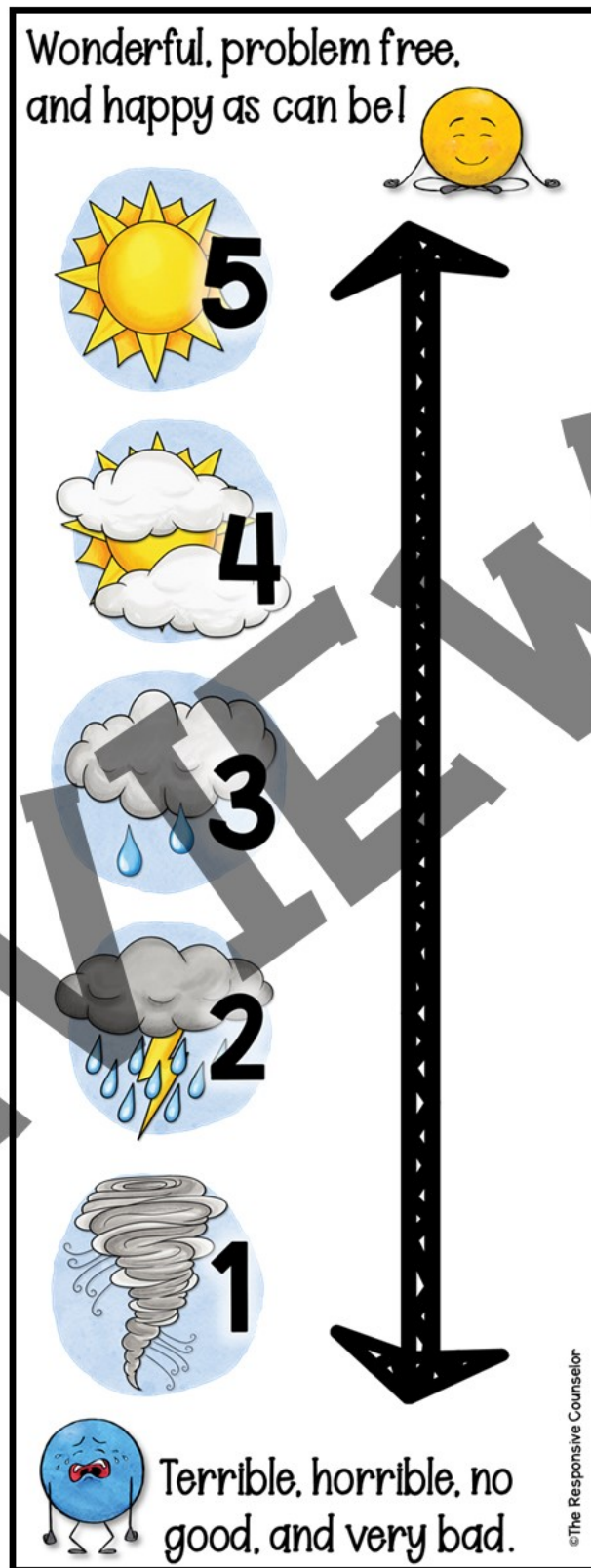
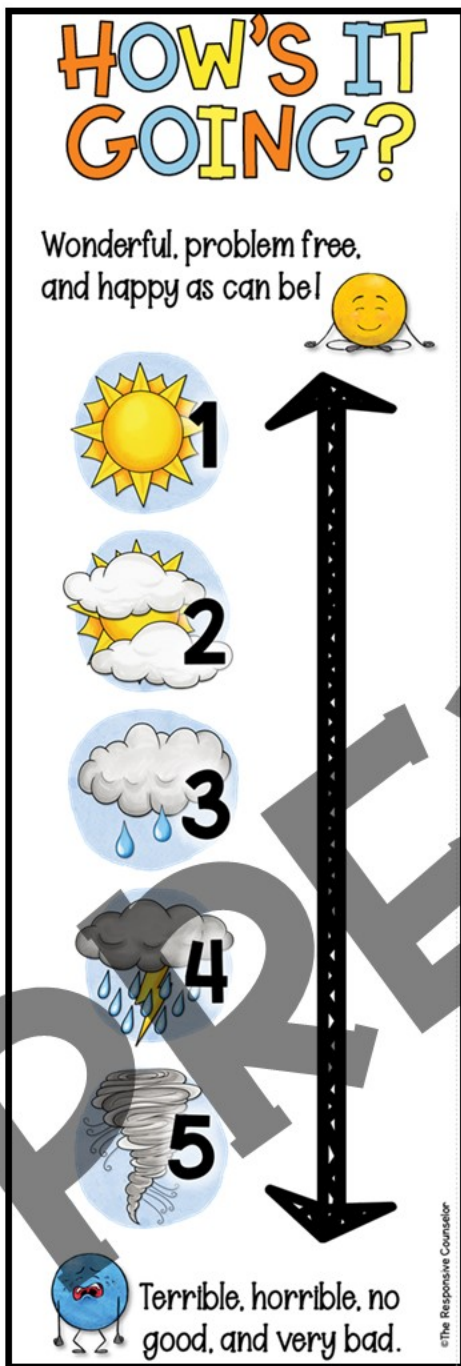


**Numbers Best/Highest
to Worst/Lowest**

Wonderful, problem free,
and happy as can be!



1 (TOP)



**Now includes 1-5
Scale and Graphics**

I'm doing OK!

I'm feeling:

- Happy
- Proud
- Excited
- Calm



I'm not great, but I'll be alright.

I'm feeling a little:


- Worried
- Frustrated
- Disappointed



Big problem, I need help!

I'm feeling super:

- Nervous
- Angry
- Sad



Emergency! Super Serious!



Optional Labels – Half Page and Full Page Size Options

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

