

The Bubbly Scale



This scale represents how we feel when our emotions start to become overwhelming and they take control. By learning new skills on this course, you will be able to take back control and calm those bubbles!

Each person's reaction is different when they feel strong emotions. By recognising your own signs of emotion building, you will be able to notice these fast, use your coping skills and then react in a way that **YOU CHOOSE**, rather than being controlled by your emotions.

You can measure this on the bubbly scale, like a bottle of pop. When we are calm and in control, it is like when we have just bought the bottle from the shop and open it. Tasty and refreshing, just the right amount of bubbles. This would be level 1 on the scale.

When we start to feel our emotions getting stronger, the pop becomes more bubbly. Imagine if you had the pop rolling around in your bag and opened it at the end of the day. When you opened it, it would be more bubbly than normal. This would be the lower levels of the scale, but above level 1.

As our emotions start to take control, this would be like when someone shakes the bottle of pop before you open it; it may fizz out over the top of the bottle. This would be the higher end of the scale.

Then at the top of the scale (level 10), the emotions are in full control and there is no way to stop the bubbles coming out of that bottle of pop. Imagine it's like when you put a mentos in a bottle of cola.

But there is also level 0 on your scale. This is like when you have opened your bottle of pop and left it open for a few days – there are no bubbles left. This represents the times when your energy levels are so low that you just do not feel like doing anything.