

# 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.



Complete demonstration here – need to be in an open space and use two or three mentos in a fresh 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 times when your energy levels are so low that you just do not feel like doing anything.

As we said earlier, every person will experience these levels in different ways. You will have different thoughts, different body sensations and different behaviours with each level.

### Discussion



Can anyone think of a time they have reacted to a situation for any of these different levels? Ask the child to think about how their bodies felt, what thoughts they may have had at the time (if any) and what they did in reaction to feeling like that (behaviours).

On the worksheet provided, start to think about the individual ways that you may react to the different levels we have just spoken about. This will help not only you, but those around you, to notice when your bubbly levels may be starting to rise and when to implement some of the skills you will learn during these sessions.