



The Fizz

'The Fizz' refers to the physical signs of emotion in your body. You can complete the Fizz Scale, in relation to any emotion, e.g. anger, sadness and worry. At 1, you are calm and



relaxed/happy and able to engage in what you are doing; at 10 you are the furthest away from the calm and relaxed/happy state, it is the highest level of fizz, this is what you feel before your lid pops off! Take some time to notice what signs and symptoms you feel in your body when you are experiencing an emotion, fill them in below, as many as you can, from the very first sensation to the others that follow if you continue to climb to explosion point.

	Signs that I am feeling the Fizz
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	

USE STOPP skills to manage these emotions (The FIZZ and STOPP are taken from The Decider skills book by Michelle Ayres and Carol Vivyan)