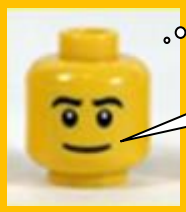
Lego Emotion Scale

5		I can't think, I can' work "I need help to calm down" I feel very very angry
4		I am not managing "I need some time please" I feel confused and angry
3		I am struggling "I need help" I feel frustrated
2		Things are winding me up "I need a little help" I feel a little annoyed
1		Things are good "I am having a good day" I feel calm