

THE FIZZ[©]

THE FIZZ scale	Signs that I am feeling THE FIZZ
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	



THE FIZZ is the physical signs of emotion in your body.

What happens when you feel THE FIZZ?

Sometimes we know exactly what happened to make us feel THE FIZZ! At other times, it is hard to know why we got so upset about a situation. When we are growing up, we experience all kinds of mixed emotions as our bodies and minds are undergoing a big transformation and we are trying to make sense of the world. Our emotions, thoughts and feelings can feel overwhelming. This is normal.



Rather than reacting impulsively to THE FIZZ (the *physical* signs of emotion in your body), consider the results of any action you take and use a Life Skill instead. **ASK THE DECIDER!**

Fill in The FIZZ Scale. Your signs and symptoms of feeling THE FIZZ may be different from your friends. Make it personal for you. Think about your most difficult emotion. Is it worry? Sadness? Anger?

If you can, share THE FIZZ Scale with your family and friends as well as other trainers or teachers. This will increase your understanding of yourself and their understanding of you! Communication is key.

When in doubt – **ASK THE DECIDER!**