




The Ottawa-Georgia Mood Scales: Faces for All Ages

Help yourself, or a loved one express their feelings more easily! Next time you ask how someone feels and they just say “fine” or “okay”, use these scales to help find out how they really feel! The Ottawa-Georgia Mood Scales are a series of scales designed to help children, youth (and adults!) express various moods:

- Arousal / Self-Regulation Scale: Understimulated, Just right or Overstimulated?
- Mood Scale: How is Your Mood?
- Anger Scale: How Much Anger?
- Worry Scale: How Much Anxiety / Worry?
- Stress Scale: How Much Stress / Upset?

Designed for use by children, youth, caregivers, teachers and healthcare professionals. Contact us through our websites if you would like to adapt for your own use or translate into other languages.

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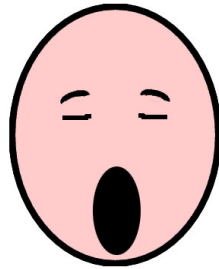


By Michael Cheng (www.drcheng.ca) and Julie Ward (www.gcbf.org)

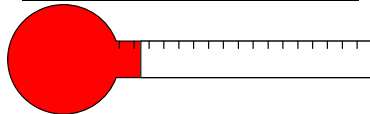
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Stress/Arousal Scale: How are You Feeling?



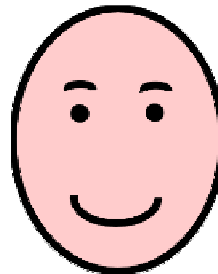
Underwhelmed / Understimulated



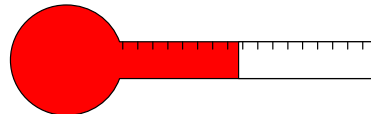
- Not enough stimulation
- May be bored, lethargic
- Demands/expectations much less than person's ability to cope

Solution

- ↑ stimulation
- Soothing or modulating strategies



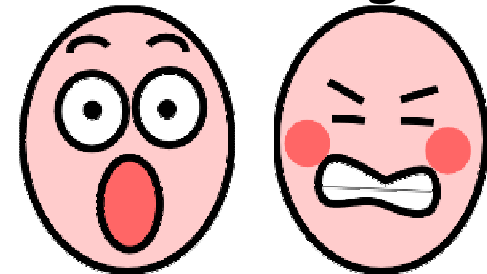
“Just Right”



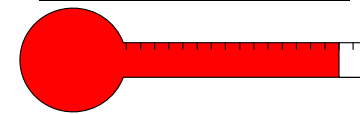
- Just enough stimulation
- Demands/expectations match person's ability to cope

Solution

- Continue doing the same thing
- Modulating strategies



Over-whelmed, Overstimulated



- Too much stimulation
- Angry, scared, or shut down (“fight, flight or freeze”)
- Demands/expectations much greater than person's ability to cope

Solution

- ↓ stimulation/expectations
- Soothing or modulating strategies



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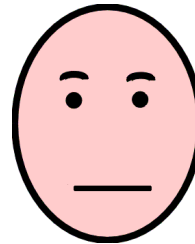
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Mood Scale: How Is Your Mood?

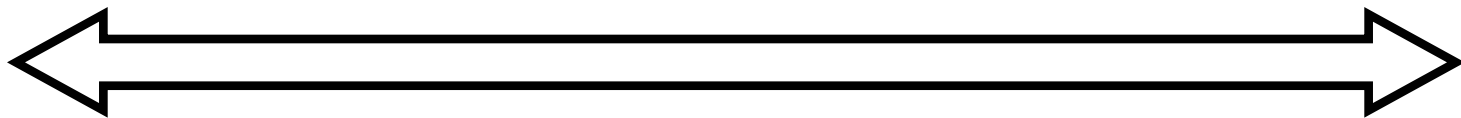
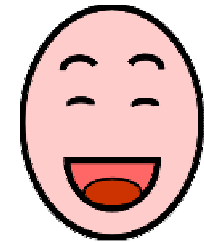
Sad,
Depressed,
Down



In the Middle, Not
Happy nor Sad



Happy, High,
Awesome, Great



0 1 2 3 4 5 6 7 8 9 10

(Faces from www.aperfectworld.org/emotions.htm)



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Anger Scale: How Much Anger is There?

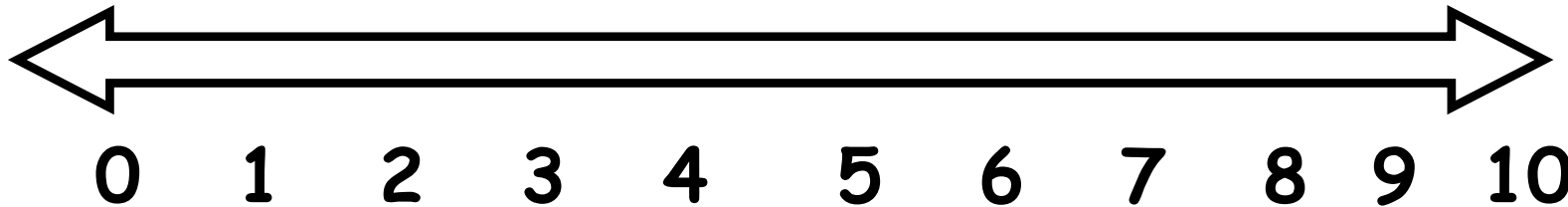
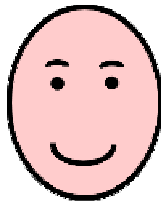
Calm, Peaceful,
Relaxed



Irritated, Annoyed,
Frustrated



Angry,
Infuriated



(Faces from www.aperfectworld.org/emotions.htm)



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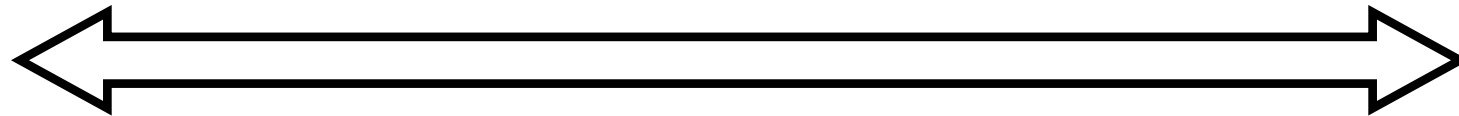
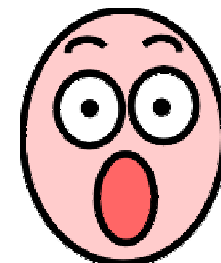
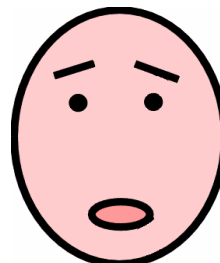
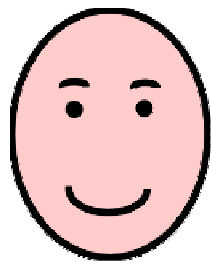
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Worry Scale: How Nervous or Worried?

Calm, Relaxed,
Confident

Nervous, Worried, Afraid,
Anxious, Scared

Panic, Overwhelmed,
Terrified



0 1 2 3 4 5 6 7 8 9 10

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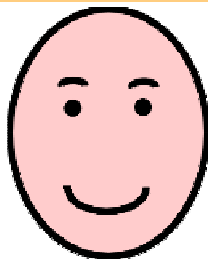
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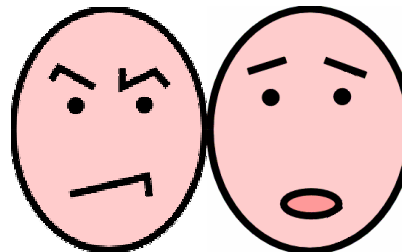
Stress Scale: How Much Stress / Upset?

Calm, Relaxed,
Confident

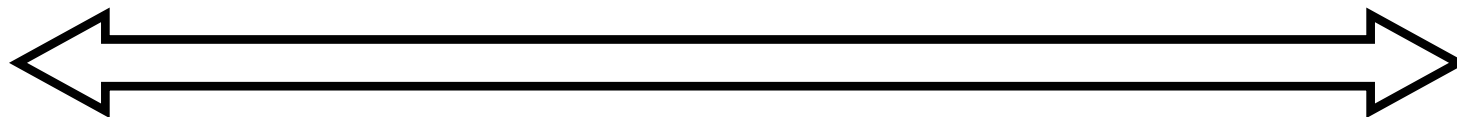
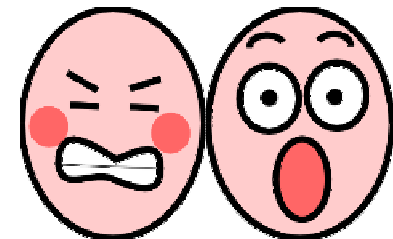
No distress or stress



Somewhat stressed



Completely
distressed,
overwhelmed or
stressed out!



0 1 2 3 4 5 6 7 8 9 10

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