

## Volcano Scale Psychological Responses

5 I feel like I will explode!

4 I feel awful all over.

3 I do not feel good.

2 I feel a little weird.

1 I feel so relaxed.

**Directions:**

How does your body feel when you are relaxed?  
How does your body feel when you are really stressed? These feelings could change gradually, or you might feel ready to explode very quickly. Label how your body feels at each level.

