



The Ottawa Mood Scales

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 Mood Scales are a series of scales designed to help children, youth (and adults!) express various moods:

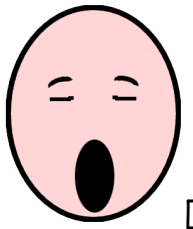
- Arousal / Self-Regulation Scale: How Are You feeling?
- Mood Scale: How is Your Mood?
- Anger Scale: How Much Anger?
- Worry Scale: How Much Anxiety / Worry?
- Stress Scale: How Much Stress / Upset?

Designed for use by anyone! For 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. Images of faces used in these scales are courtesy of www.aperfectworld.org.

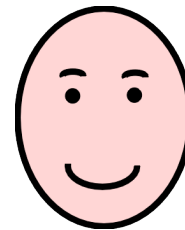
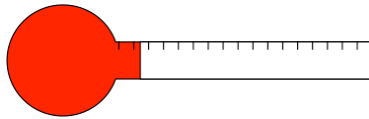
Dr. Michael Cheng, Psychiatrist, Ottawa, Ontario, Canada, www.drcheng.ca

Stress/Arousal Scale: How Are You Feeling?

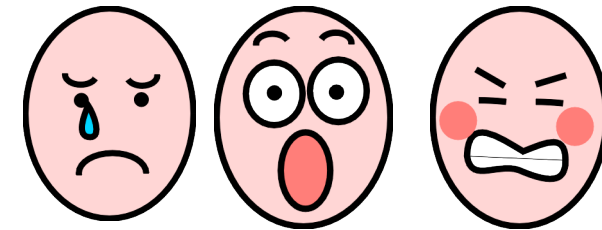


Bored

**(Underwhelmed,
Understimulated)**

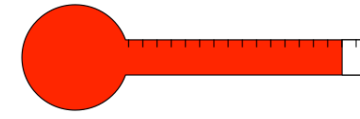


“Just Right”

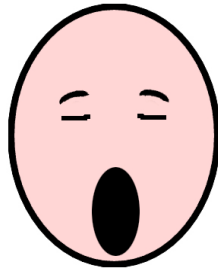


Frustrated, Mad, Angry, Upset

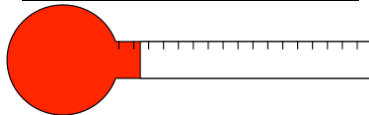
**(Overwhelmed,
Overstimulated)**



Stress/Arousal Scale: How are You Feeling?



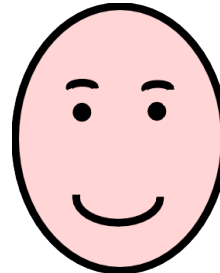
Underwhelmed / Understimulated



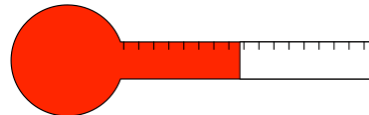
- Not enough stimulation
- May be bored, lethargic
- Demands/expectations much less than person's ability to cope

Solution

- ↑ stimulation
- Soothing or modulating strategies



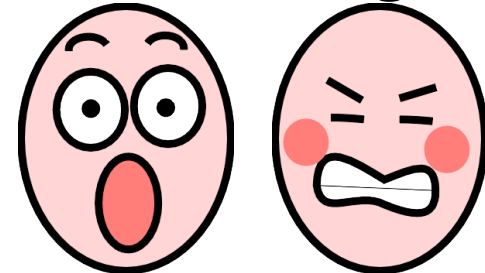
"Just Right"



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

Solution

- Continue doing the same thing
- Modulating strategies



Overwhelmed, Overstimulated



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

Solution

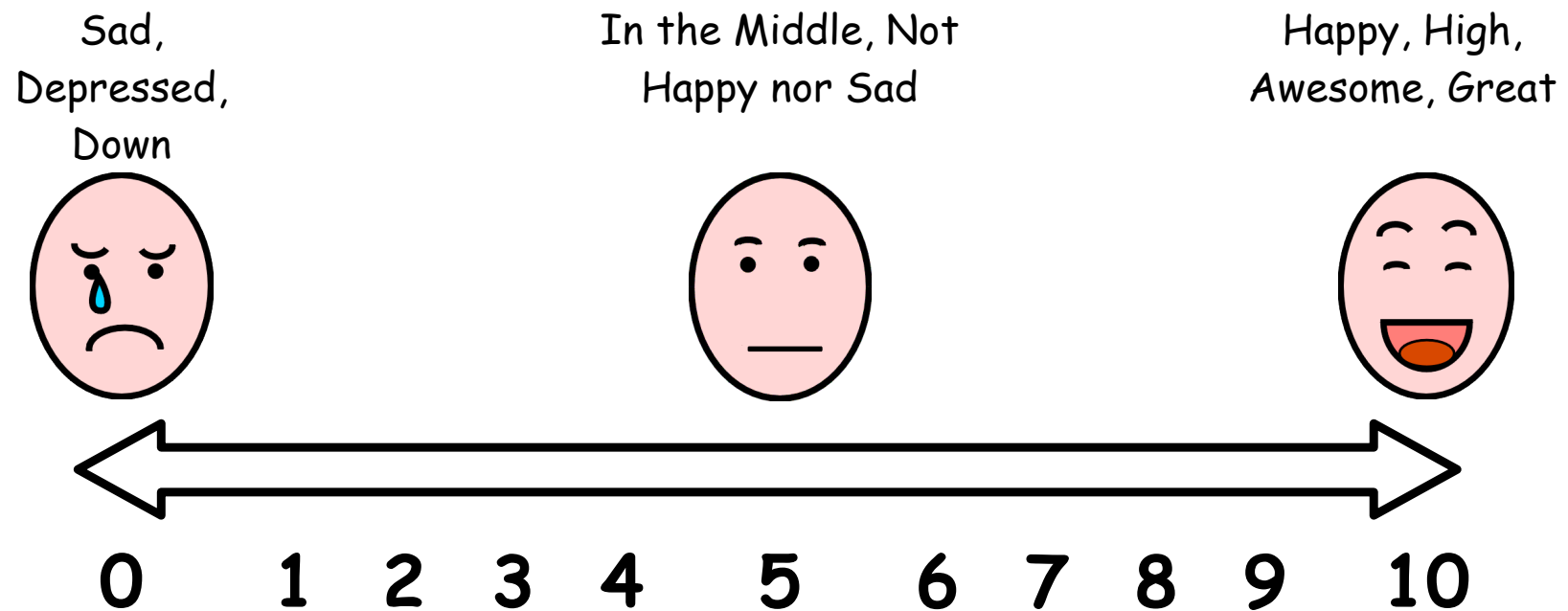
- ↓ stimulation/expectations
- Soothing or modulating strategies



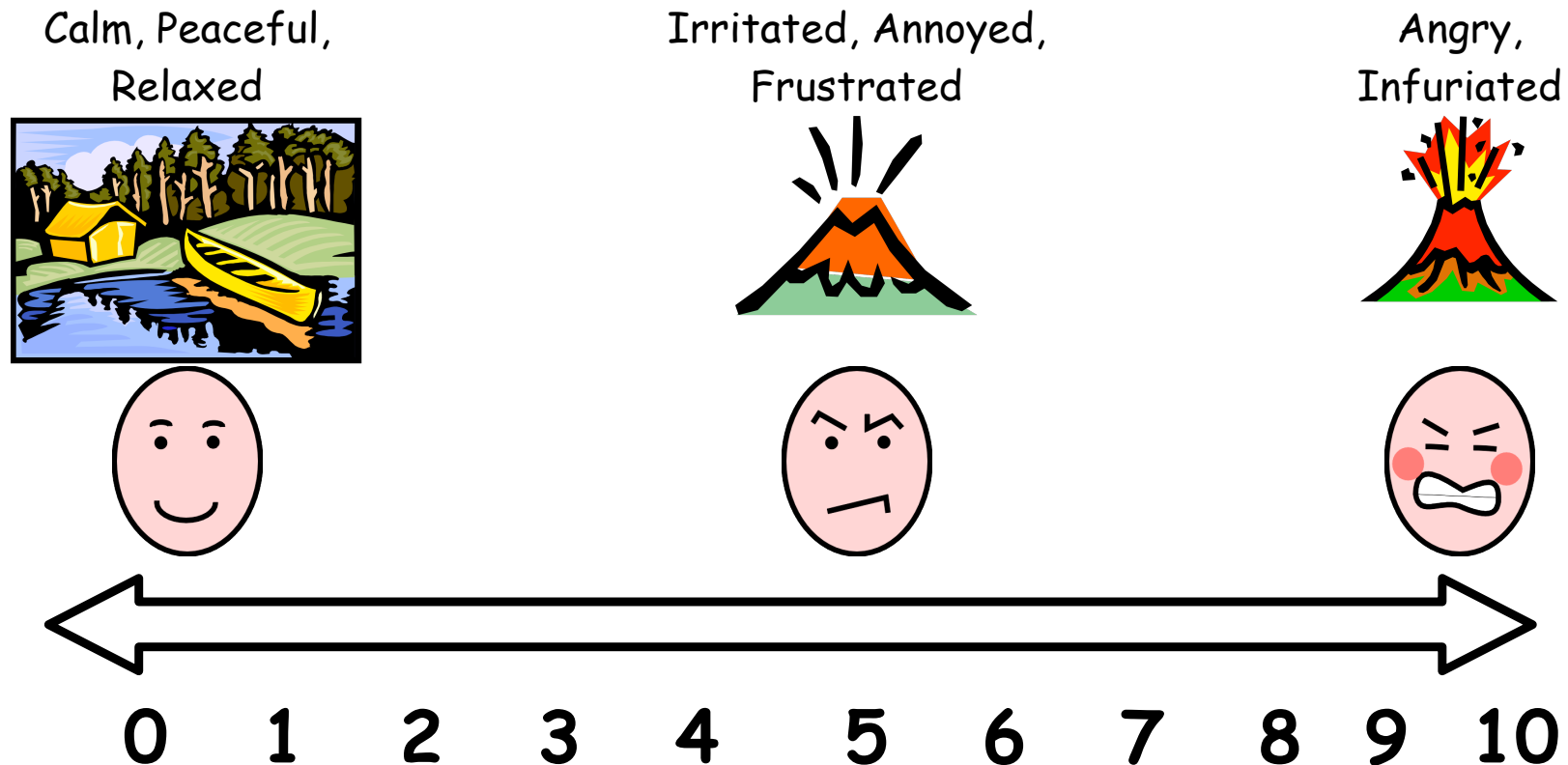
Creative Commons License: May be reproduced freely as long as: original author(s) given credit; this work is not used for commercial purposes; and if you alter, transform or build upon this work, you may distribute the resulting work only under an identical license (<http://creativecommons.org/licenses/by-nc-sa/2.0/>)

Designed by Michael Cheng (www.drcheng.ca) / Images of faces courtesy of www.aperfectworld.org

Mood Scale: How Is Your Mood?



Anger Scale: How Angry Are You Feeling?

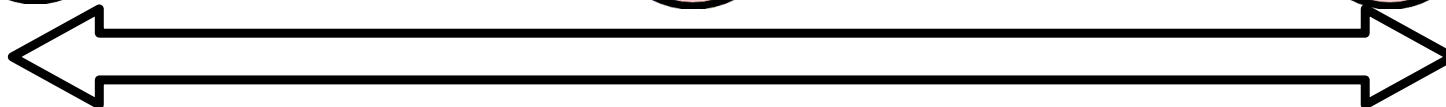
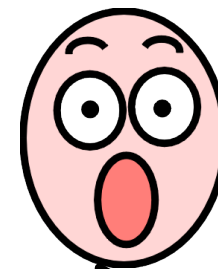
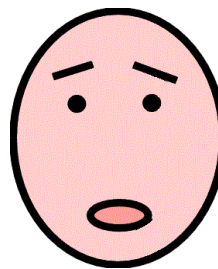
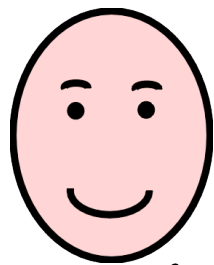


Worry Scale: How Nervous / Worried Are You Feeling?

Calm, Relaxed,
Confident

Nervous, Worried, Afraid,
Anxious, Scared

Panic, Overwhelmed,
Terrified



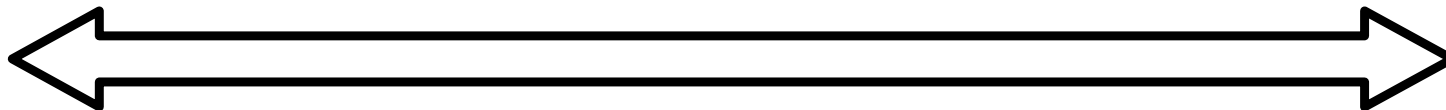
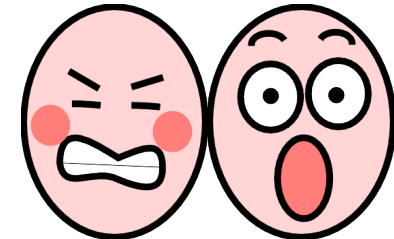
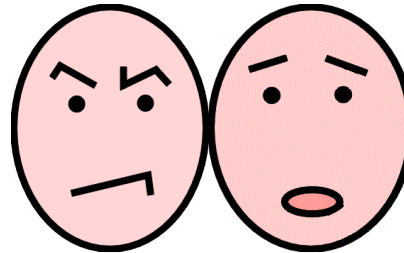
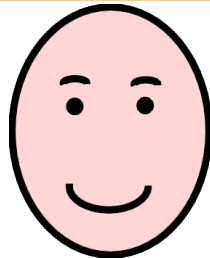
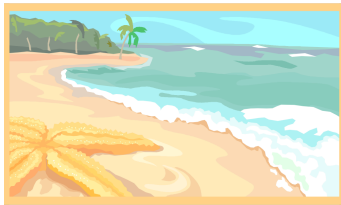
0 1 2 3 4 5 6 7 8 9 10

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



Creative Commons License: May be reproduced freely as long as: original author(s) given credit; this work is not used for commercial purposes; and if you alter, transform or build upon this work, you may distribute the resulting work only under an identical license (<http://creativecommons.org/licenses/by-nc-sa/2.0/>)

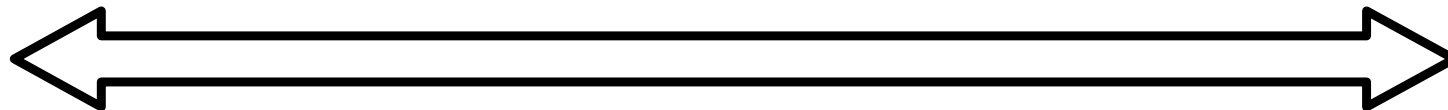
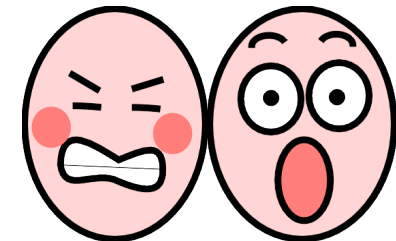
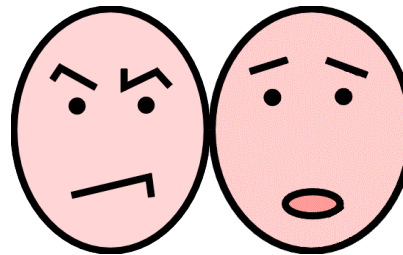
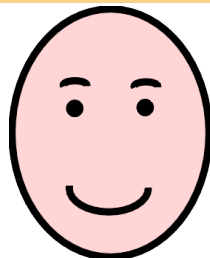
Designed by Michael Cheng (www.drcheng.ca) / Images of faces courtesy of www.aperfectworld.org

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



Creative Commons License: May be reproduced freely as long as: original author(s) given credit; this work is not used for commercial purposes; and if you alter, transform or build upon this work, you may distribute the resulting work only under an identical license (<http://creativecommons.org/licenses/by-nc-sa/2.0/>)

Designed by Michael Cheng (www.drcheng.ca) / Images of faces courtesy of www.aperfectworld.org