

10 POINT SCALE

THE
TEN POINT
SCALE CAN
HELP US THINK
HOW MUCH
SOMETHING IS
AFFECTING
US

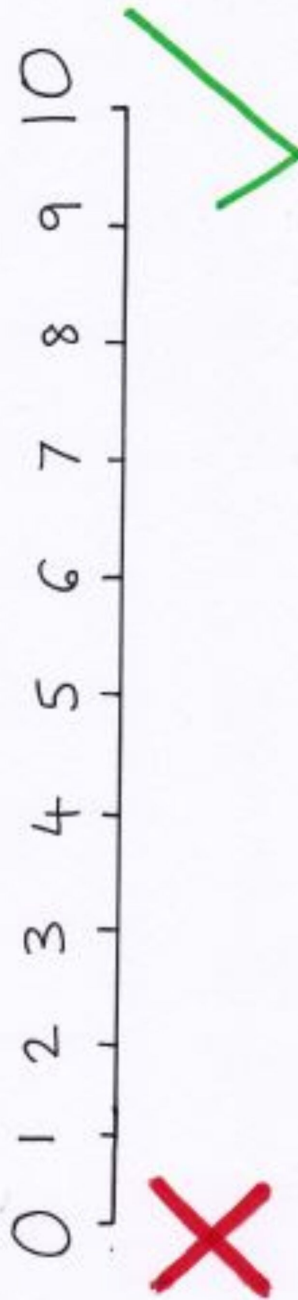
I FEEL VERY AFFECTED
BY THIS, IT IS A VERY
STRONG FEELING...

FOR
EXAMPLE, THINK
RIGHT NOW HOW
HUNGRY YOU ARE OUT
OF TEN? TEN IS VERY
HUNGRY AND 0 IS
NOT HUNGRY AT
ALL.

IF IT'S
OVER 5, IT'S
PROBABLY
TIME TO
EAT!



I DON'T FEEL
AFFECTED BY THIS
AT ALL....



OK,
GREAT,
NOW THINK
ABOUT HOW
TIRED YOU
ARE OUT OF
TEN?

KNOWING
THESE SORTS OF
THINGS CAN HELP
US THINK WHAT TO
DO WHEN WE
START GOING UP
THE SCALE

CUT OUT
N KEEP!