FEELINGS

My Feelings Thermometer

Name _____ Date _____

Point to how big the feeling is. Write what helps me at each level.



5. Too big

What helps me:

_____



4. Very upset

What helps me:

_____



3. Upset

What helps me:

_____



2. A little bothered

What helps me:

_____



1. Calm

What helps me:

_____

Notes for you: fill in "What helps me" together, in your child's words, when they are calm. Practice at the low levels first. The thermometer shows how big a feeling is; it does not say the feeling is wrong.

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