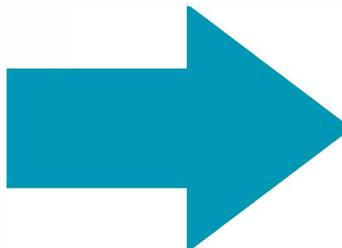


FEELINGS THERMOMETER PRINTABLE

Kids need to understand what they are feeling and that feelings can be small or big. Being able to identify how big their feelings are can also help them recognize when they are getting more and more escalated. If they know when they are escalating, then they can intervene and use a coping skill to manage their feelings. To use the thermometer:

- 1. PICK A FEELING:** When creating a thermometer, focus on one feeling at a time.
- 2. COLOR IT IN:** Have the child pick out three colors, one for each section of the thermometer and color it in. You can laminate it to make it sturdier!
- 3. CUT OUT THE ARROW:** Laminate it to make it more durable, and place a piece of velcro on the back. Then place velcro on each section of the thermometer.
- 4. TALK ABOUT WHAT THEY LOOK LIKE:** Let's say you are making an anger thermometer. Ask what their anger looks like when they are at the bottom of the thermometer. Do they stomp their feet, sigh loudly, growl, etc. Then we move on to the next section - if they are really angry, what does that look like? Does their voice get louder? Do they start invading other people's space? Then we talk about very angry - what does that look like? Is it yelling, throwing things, running away?
- 5. IDENTIFY COPING SKILLS:** Once we go through and identify behaviors on the thermometer, then we work on identifying coping skills they can use to calm down. Some examples include getting a drink of water, taking deep breaths, counting to a certain number or taking a walk. Make sure they have coping skills that will help them at each level. It's important to have a variety of coping skills for each level, because not all coping skills will work all the time.

Next time they are experiencing that feeling, have them move the arrow to show the size of their feeling and pick a way to cope.



My _____ Thermometer

What I look like

What I can do

