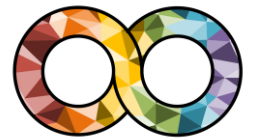


## Emotional Thermometer

Knowing how different emotions affect us can help us understand and manage those emotions in different situations.

Use this worksheet to note down some of the things you feel and how you act or behave when you experience different emotions, and what can help you feel better when those emotions get too much.



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### How I feel and act

### What I can do



- My ears and face feel hot
- I have lots of energy
- I run around or climb up on things
- I yell and scream at people

- Splash water on my face
- Jump on the trampoline
- Swing on the monkeybars
- Run with my friend



- I feel like people can't understand me
- I try to get away from people
- I interrupt the class
- I destroy other people's work or creations

- Get a drink of water
- Play with the things in my calming box
- Read a book on my own



- I feel like people don't make sense
- I feel like things are moving too quickly
- I stop doing what I'm told
- I destroy my own work or creations

- Do my deep breathing
- Spend 5 minutes in my calm corner
- Talk with a safe adult



- I feel safe and warm
- I feel happy, relaxed, and smiley
- I like to play games with others
- I do what I'm told...most of the time!

- My ears and face feel hot
- I have lots of energy
- I run around or climb up on things
- I yell and scream at people



- My arms and legs feel cold
- My body feels empty
- I hide in my room or a quiet part of the playground

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- Look for my school buddy
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