

My feelings thermometer

Read it from the bottom up. The child shows where they are, then picks a strategy card. Fill it in together, calmly, before you need it.

5	I am going to blow up, I ask for help What I feel in my body, what puts me in this state:
4	I am very angry What I feel in my body, what puts me in this state:
3	I am frustrated What I feel in my body, what puts me in this state:
2	I am a bit tense What I feel in my body, what puts me in this state:
1	I am calm What I feel in my body, what puts me in this state: