

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: