



Feelings Thermometer

PURPOSE //

- Identify emotions
- Explore the range of emotions we experience everyday in different situations

OBJECTIVE //

- To identify what makes our emotions escalate
- To explore options we have to interrupt a pattern and prevent emotions to escalate
- Promotes a discussion on what helps children on difficult days

INSTRUCTIONS //

Materials

- Print out thermometer

Application

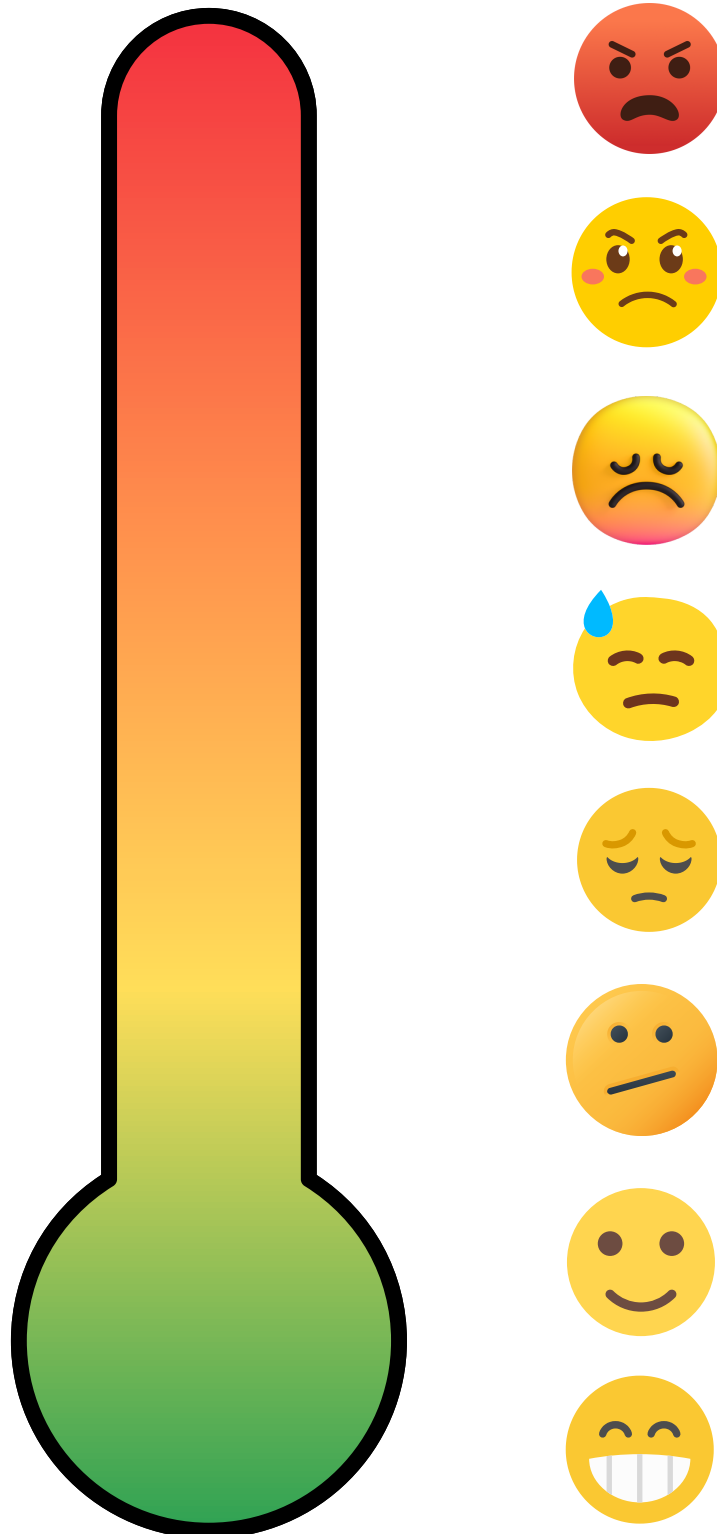
- Sit with your child and talk about how they are feeling.
- Explore different situations and how they make them feel
- The feeling thermometer is a tool that helps us measure the intensity of our emotions. As we climb in temperature, from green to yellow to red, our feelings become more uncomfortable
- Use this tool to explore your child's emotions and talk about how to interrupt emotions that are escalating.

Let us know how the activity goes!

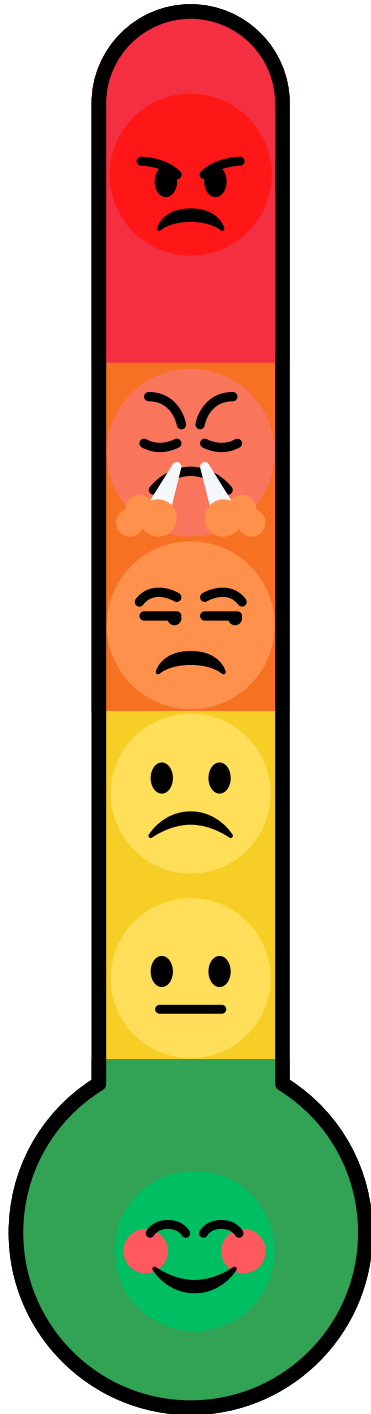
We'd love to hear from you or receive pictures or tag us on social media:



FEELINGS THERMOMETER



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How are you feeling?

What happened?

What can you do?