

Feelings Thermometer

How Are You Feeling?

This feelings thermometer belongs to: _____



angry

5

When I feel angry, I can...



sad

4

When I feel sad, I can...



nervous

3

When I feel nervous, I can...



happy

2

When I feel happy, I can...



calm

1

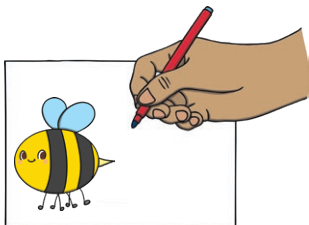
When I am calm, I can...

Match Actions to the Feelings

Choose the pictures that would help you feel calm, happy, nervous, sad or angry. Cut them out and paste them on your feelings thermometer.



Ask for a hug.



Draw a picture.



Play with toys.



Ask for help.



Jump on the trampoline.



Take a break.



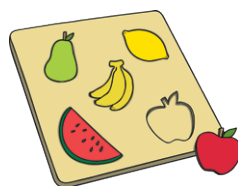
Talk to someone.



Play with a friend.



Go for a walk.



Do a puzzle.



Take ten deep breaths.



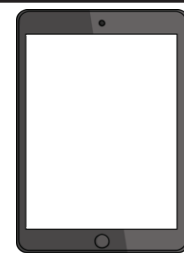
Play with toys.



Read a book.



Go on the swings.



Play a game.