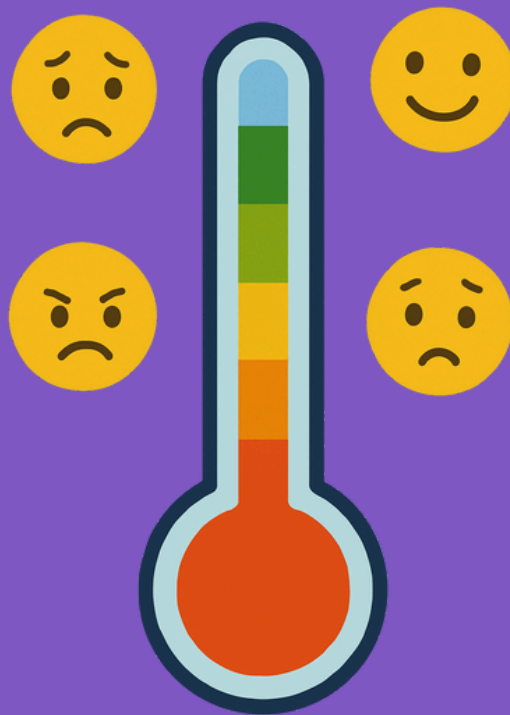


My Emotion Thermometer

Understanding my feelings
and what helps



How it Works!

The emotion thermometer helps me notice how I'm feeling. When I know my feelings, I can use strategies to help myself feel safe, calm, and ready to learn or play.



My Emotions Thermometer

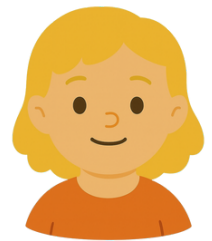
Blue = Calm

I feel happy and relaxed!



Green = Okay

I feel fine, I can learn and play!



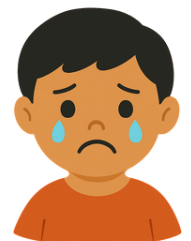
Yellow = Starting to feel off

I might be a little worried, frustrated or restless



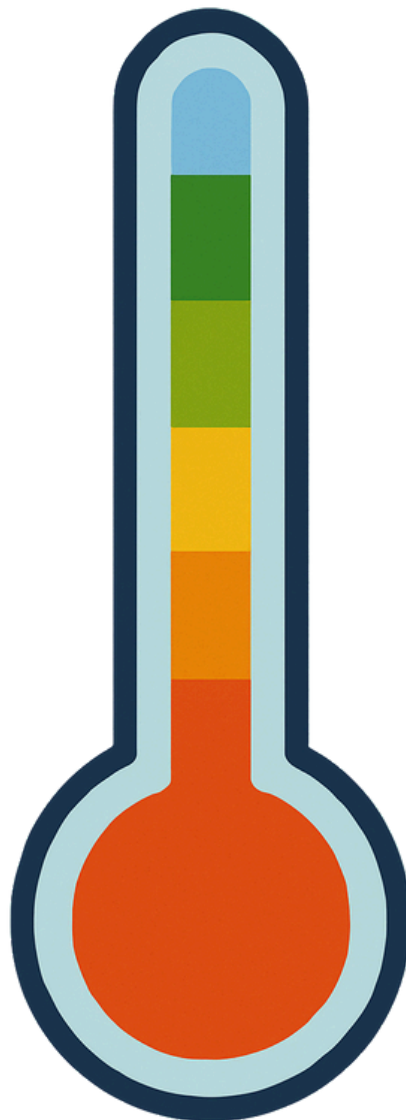
Orange = Upset

I feel stressed, angry, or very anxious



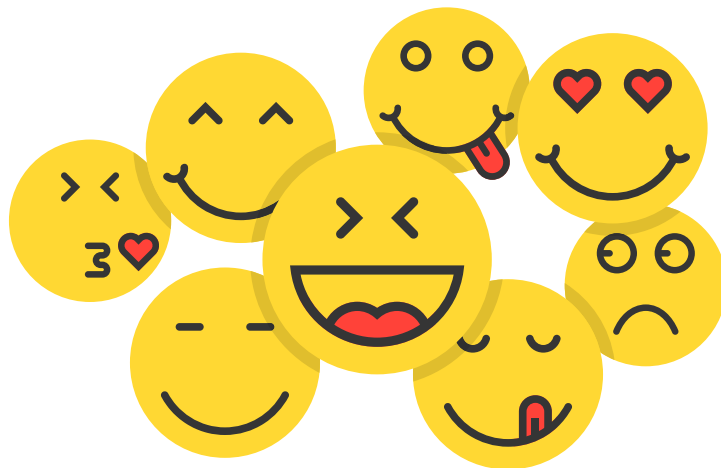
Red = Overwhelmed

I feel out of control, very angry, or scared



How I show my feelings when I am on ...

- Blue: _____
- Green: _____
- Yellow: _____
- Orange: _____
- Red: _____



What helps me when I am on...

- Blue: _____
- Green: _____
- Yellow: _____
- Orange: _____
- Red: _____



My Support Plan

- At school, my teacher can:
-

- At home, my family can:
-

- I can help myself by:
-



My Calm Box

Things I can keep in my calm
box:

