





Feelings Thermometer

How Are You Feeling?

This feelings thermometer belongs to: _____

 <p>angry</p>	5	When I feel angry, I can...
 <p>sad</p>	4	When I feel sad, I can...
 <p>nervous</p>	3	When I feel nervous, I can...
 <p>happy</p>	2	When I feel happy, I can...
 <p>calm</p>	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.



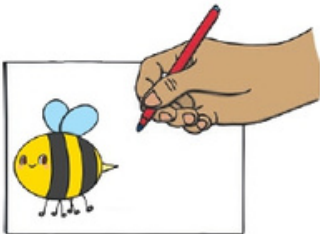
Ask for a hug.



Take a break.



Take ten deep breaths.



Draw a picture.



Talk to someone.



Play with toys.



Play with toys.



Play with a friend.



Read a book.



Ask for help.



Go for a walk.



Go on the swings.



Jump on the trampoline.



Do a puzzle.



Play a game.