

# EARLY CHILDHOOD FEELINGS THERMOMETER

▶▶▶ Ask the child to identify the emotion using a face and/or word below.

## CHILD'S EMOTIONS AND BEHAVIORS

## HOW CAN YOU HELP THIS CHILD?



### **MAD, ANGRY, EXPLOSIVE**

▶ Screaming, crying, hitting, biting, pushing

- Roll up in a ball
- Exercise: push the wall, jumping jacks
- Listen to calming music
- Squeeze a stuffed animal or pillow



### **UPSET, FRUSTRATED, OPPOSITIONAL**

▶ Shutdown, refusing, arguing, complaining

- Breathe: belly breathing, square breathing
- Exercise: jumping jacks, push the wall
- Squeeze a squishy ball or toy
- Draw, color, or count out loud



### **SCARED, ANXIOUS, UNSETTLED, TENSE**

▶ Clingy, avoiding, crying, worrying, nervous

- Breathe: take a deep breath in through the nose and then slowly blow out a pretend candle
- Assign a teacher helper task
- Draw a silly picture
- Listen to music
- Do a wiggle dance, pretend to shake it off
- Hug a stuffed animal or blanket



### **SAD, BORED**

▶ Withdrawn, crying, low interest, low energy

- Assign a teacher helper task
- Draw or color
- Build with blocks
- Look at a book
- Walk around the room
- Play with another child or a caregiver



### **HAPPY, CALM, CONTENT**

▶ Engaged, calm, smiling

- Sing or listen to songs
- Draw or color
- Skip
- Play with toys
- Help a friend
- Try something new

