

FEELINGS THERMOMETER

How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

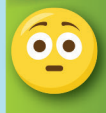
- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

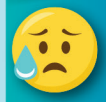
- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity



How to use the Feelings Thermometer to Talk about Feelings

Ask children questions like:

- ▶ Which zone are you in right now? What in your body tells you that you are in that zone?
- ▶ What can you do to move to the blue zone?
- ▶ Have you used any of the strategies on the Feelings Thermometer?
- ▶ What works for you when you are in the red zone?
- ▶ How could you help someone in the green zone?
- ▶ Name another activity that works to move you from the orange zone to the blue zone.
- ▶ Would there be a good time of day for the whole family to check their Feelings reading?
- ▶ Which activities would help others in the family to stay in the blue, calm zone?

For some, identifying feelings is not easy. Encouraging children to identify feelings is good. It may take some practice for them to connect the feeling with words to describe it. If they can't do it right away, take a break and come back to it later.

For more information ▶



Wisconsin Office of
Children's
Mental Health
children.wi.gov