

# FEELINGS THERMOMETER

How do you feel?

List what can you do about it:



**ANGRY, FURIOUS, EXPLOSIVE**

▶ Yelling, Stomping, Meltdown

Example: Vigorous physical exercise



**FRUSTRATED, ANNOYED, IRRITABLE**

▶ Arguing, Refusing, Shutting down

Example: Listen to favorite music



**ANXIOUS, WORRIED, UNSETTLED**

▶ Pacing, Avoiding, Clingy

Example: Pay attention to each of your 5 senses



**SAD, NEGATIVE, LONELY**

▶ Cry, Withdrawn, Slowed / disengaged

Example: Set a positive goal for the day



**HAPPY, CALM, CONTENT**

▶ Smiling, Laughing, Engaged

Example: Help someone else



Wisconsin Office of **Children's Mental Health**

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