

TAKE YOUR EMOTIONAL TEMPERATURE

The Feelings Thermometer measures how you are doing emotionally and offers suggestions you can take to shift your mood when things are getting tough.

Like a temperature thermometer, the Feeling Thermometer shows you when your emotional temperature is getting warmer and then hotter, to potentially dangerous degrees. The readings go from blue (the calm zone) all the way up to red (the furious zone) and lists suggested activities you can do for each zone to feel less angry, frustrated, anxious, and sad.

Post a copy of the Feelings Thermometer on your refrigerator and have the whole family take their emotional temperature several times a day to help stay in the happier blue zones.

See back for tips on how to talk about feelings.



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 ▶



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