



# Feelings Thermometer

## PURPOSE //////////////////////////////////////

- Identify emotions
- Explore the range of emotions we experience everyday in different situations

## OBJECTIVE //////////////////////////////////////

- To identify what makes our emotions escalate
- To explore options we have to interrupt a pattern and prevent emotions to escalate
- Promotes a discussion on what helps children on difficult days

## INSTRUCTIONS //////////////////////////////////////

### Materials

- Print out thermometer

### Application

- Sit with your child and talk about how they are feeling.
- Explore different situations and how they make them feel
- The feeling thermometer is a tool that helps us measure the intensity of our emotions. As we climb in temperature, from green to yellow to red, our feelings become more uncomfortable
- Use this tool to explore your child's emotions and talk about how to interrupt emotions that are escalating.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



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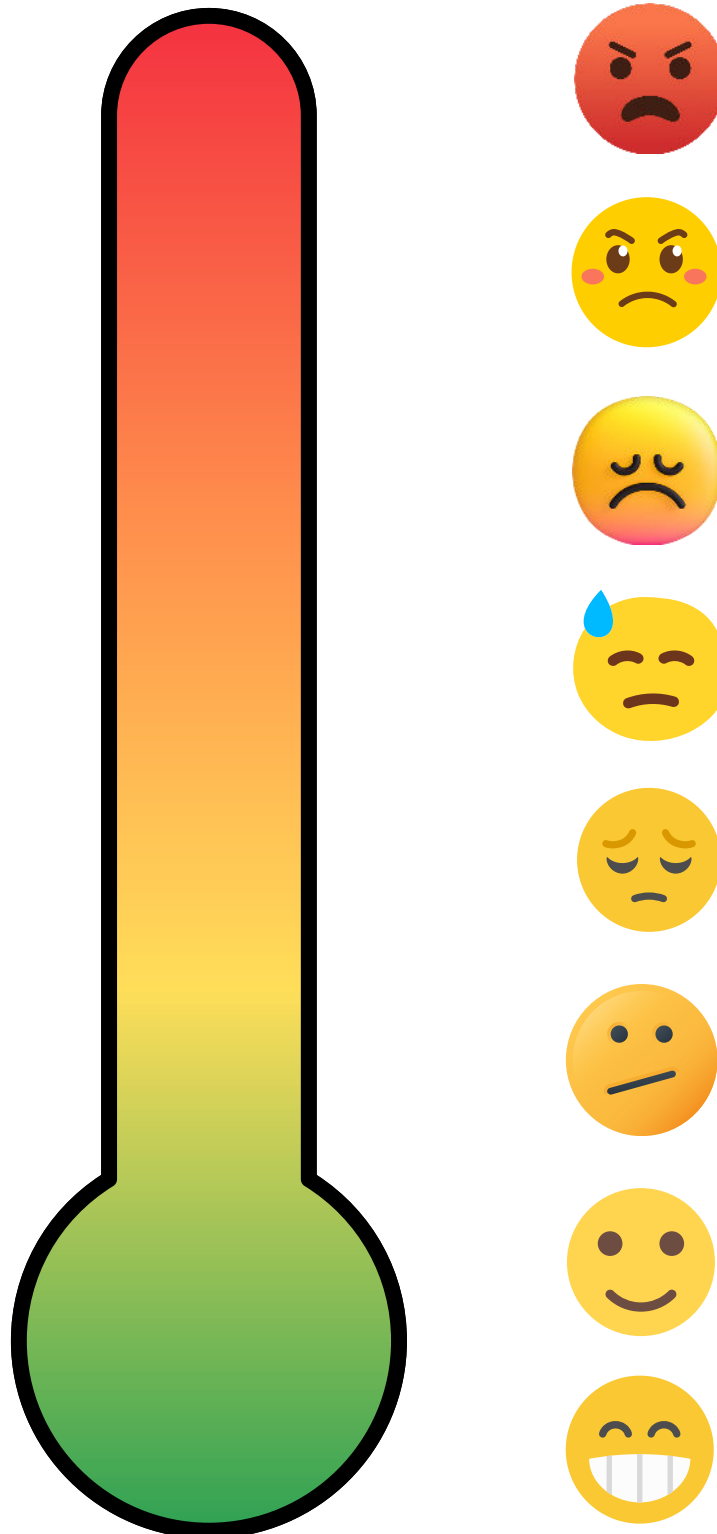
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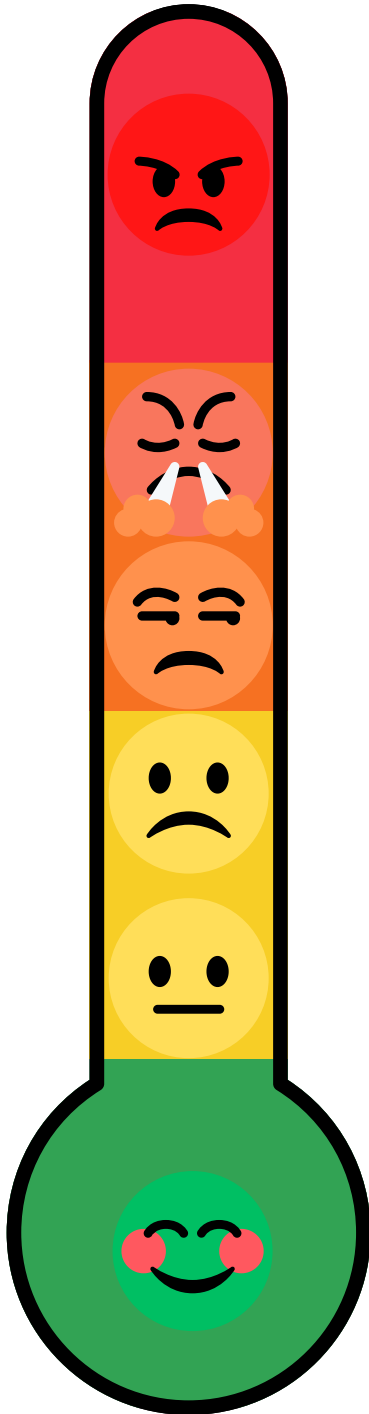
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How are you feeling?

What happened?

What can you do?