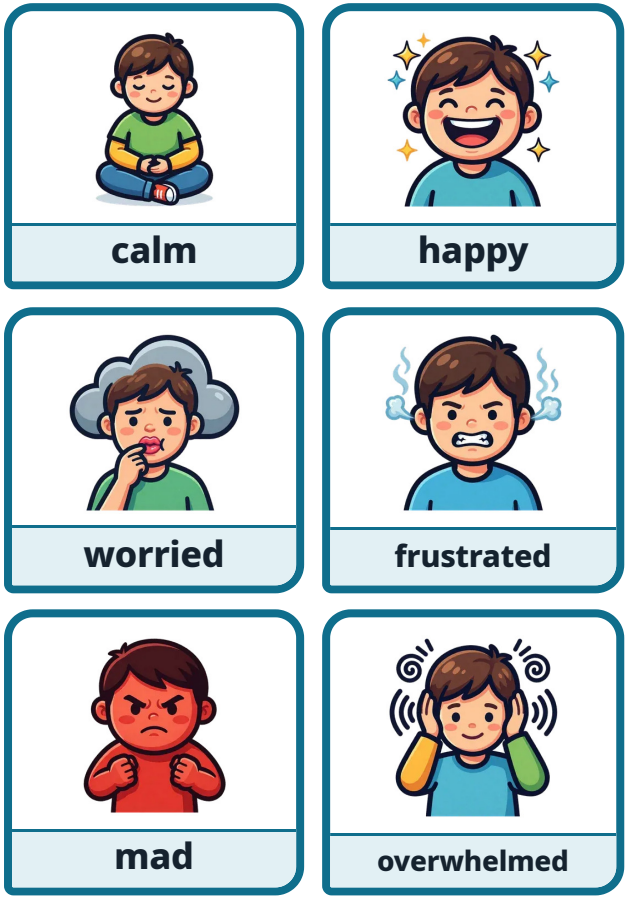
My feelings thermometer

How big is the feeling? Point to the size, then to what helps. A small feeling needs a small fix; a big one needs a grown-up and a quiet place.

How big is my feeling?



I feel



What helps

A little upset	deep breaths	a drink	squeeze	stretch
Very upset	a break	quiet corner	headphones	big hug
Too big	give me space	get a grown-up	quiet, please	take a walk
Calm again	I'm okay now	let's talk	sorry	I'm ready

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