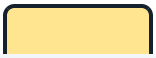
My feelings thermometer

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?

calm



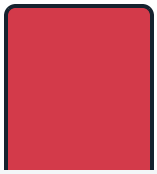
a little upset



upset



very upset



too big

I feel



calm



happy



worried



frustrated

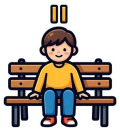


mad



overwhelmed

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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