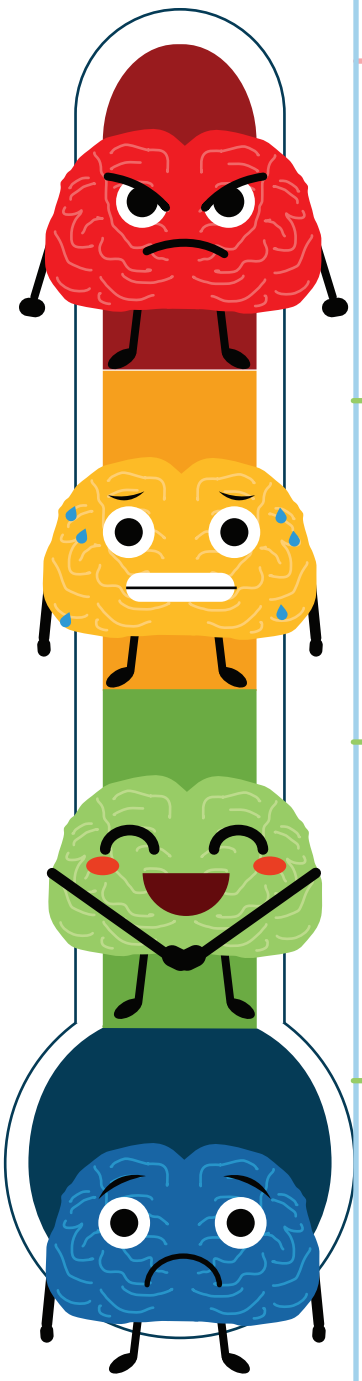
Feelings Thermometer



Agitated
Angry
Devastated
Frightened
Furious
Jealous
Stressed Out

Confused
Embarrassed
Excited
Irritated
Nervous
Silly
Worried

Confident
Fine
Focused
Happy
Hopeful
Peaceful
Proud

Bored
Disappointed
Lonely
Sad
Shy
Sick
Tired

How Do You Act?	What Can You Do About It?
Arguing, Refusing Tantrum, Shutting Down Yelling, Stomping	Count to 10 or 100 Tell an adult Move your body or exercise Stop, and walk away Take deep breaths Take a nap Practice grounding techniques
Avoiding, Pacing Clingy, Hyper Shutting Down Overstimulated	Take deep breaths Take a break Pause, and ask for help Use positive self-talk Relax and try again Tense and relax your muscles Think of a peaceful place
Smiling, Relaxed Laughing, Engaged Paying Attention Enjoying Yourself	Smile & practice gratitude Help someone else Use kind & positive words Take steps toward your goals Exercise Keep listening Write about your successes
Withdrawn, Disengaged Crying, Slowed Down Understimulated Depressed	Get or give a hug Talk to friends or family Get some fresh air Stretch Listen to music Move your body or exercise Do a hobby you enjoy