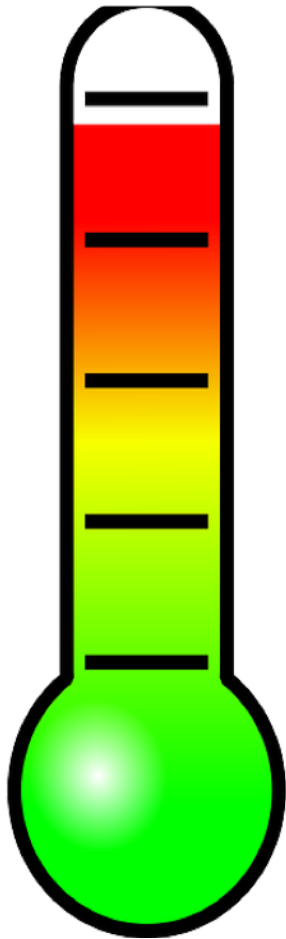


Feelings Thermometer

Using a thermometer, teachers help children learn to point to the color that represents how big the feelings are inside of them.



Red means "My feelings are really BIG like a lion"

Orange means "My feeling are getting bigger inside of me" OR "My feelings are moving from big like a lion to small like a mouse"

Yellow means "My feelings are beginning to rise up inside of me." "My feeling are small like a mouse."

Green means "I feel still, relaxed and safe." "I feel calm."

Laminate an arrow with Velcro to use with the thermometer. Children can move the arrow up and down the thermometer to represent the different levels of intensity of their feelings.

