



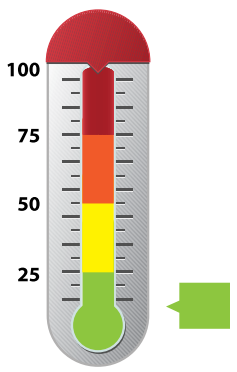
## Feeling Thermometer Worksheet

Use this worksheet to identify the situations connected to your different feelings, and strategies to get “cooled down” to a calmer feeling.

For each of the four areas, identify your feeling words, at least one situation that is connected to this feeling, and some ways in which you can “cool down” when you are at this level.

Be realistic – certain strategies may work when you are at yellow, but would not work when you are at red. This worksheet can be completed by different family members and shared together as you use this common language to talk more directly about feelings.

### GREEN: 0-25



Identify your feeling words:

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What is a situation that is connected to this feeling?

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What are some ways you can “stay cool” when you are at this level?

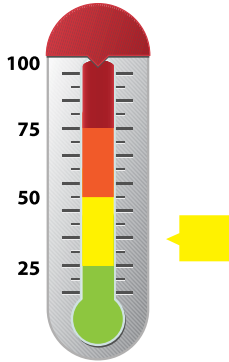
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**YELLOW: 25-50**



Identify your feeling words:

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What is a situation that is connected to this feeling?

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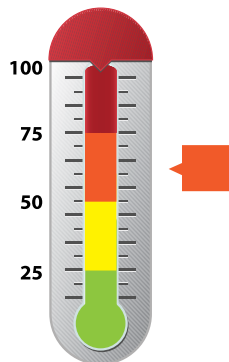
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What are some ways you can “cool down” when you are at this level?

**ORANGE: 50-75**



Identify your feeling words:

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What is a situation that is connected to this feeling?

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What are some ways you can “cool down” when you are at this level?

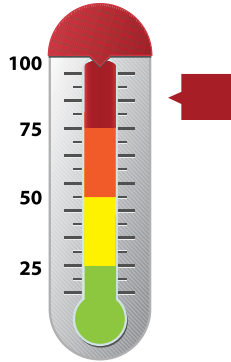
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**RED: 75-100**



Identify your feeling words:

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What is a situation that is connected to this feeling?

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What are some ways you can “cool down” when you are at this level?

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