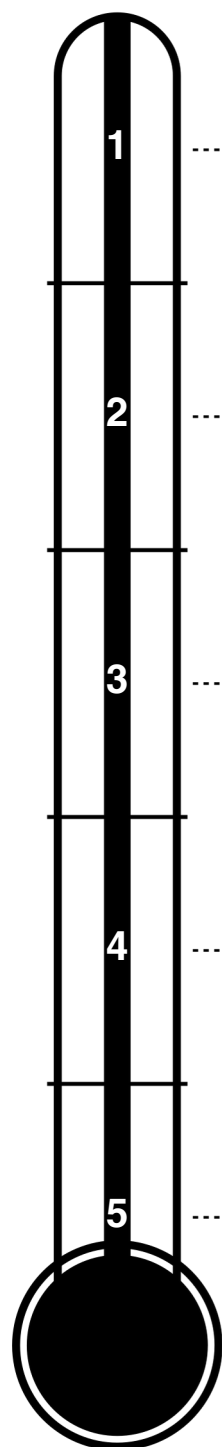


Emotions Thermometer

Emotional Regulation



CALM

Relaxed body, clear thinking, ready

Try: Keep doing what's working!

A LITTLE OFF

Fidgety ,grumpy, hard to focus

Try: Take a movement break. Get a drink of water.

FRUSTRATED

Fists clenched, loud voice, face is hot

Try: Squeeze something. Count to 10 out loud.

VERY UPSET

Shaking, crying hard

Try: Take 5 slow breaths together. Use few words.

EXPLOSIVE

Yelling, hitting, can't think straight

Try: Stop. Get a grown-up. Go to a safe, quiet space.

Circle the number that matches how you feel right now.

