

Feelings Thermometer



Every day we have a variety of feelings. Sometimes they are strong, and we feel them fully. Other times, we barely notice them. Many times, we have more than one feeling at once. Learning how to identify and talk about our feelings can help others understand our wants and needs. This makes us great problem solvers. Let's get intentional about talking about our emotions!

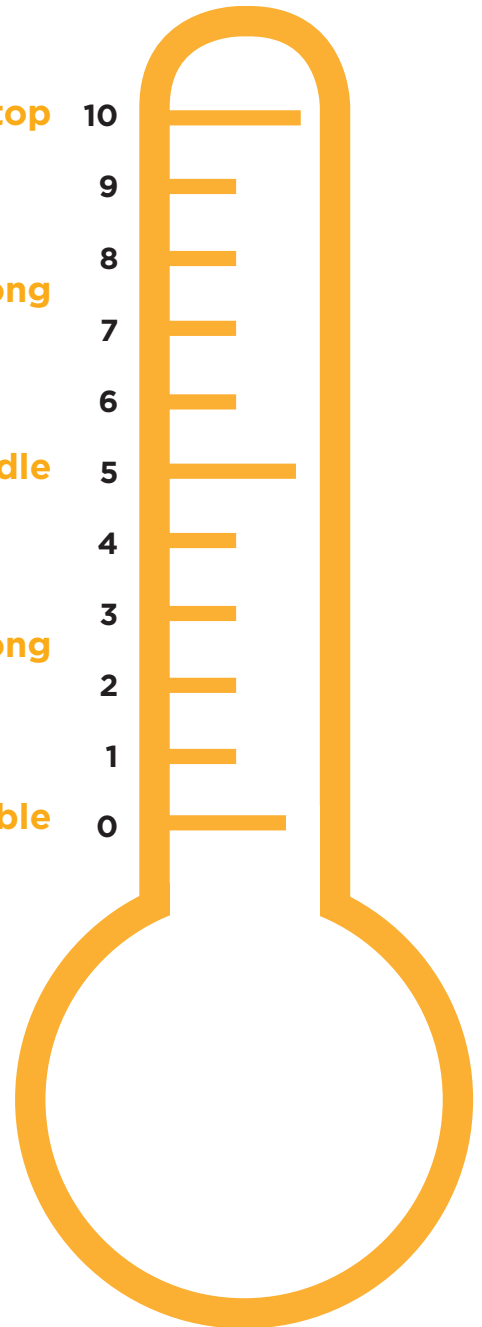
Try This:

Let's rate the strength of your feelings.

Right now, I feel

Pick a number on the thermometer that matches the strength of your feelings right now.

Over the top 10
9
8
Pretty Strong 7
6
5
In the Middle 4
3
Not that Strong 2
1
0
Barely Noticeable



Let's Process:

Are your feelings over the top today?

Barely noticeable?

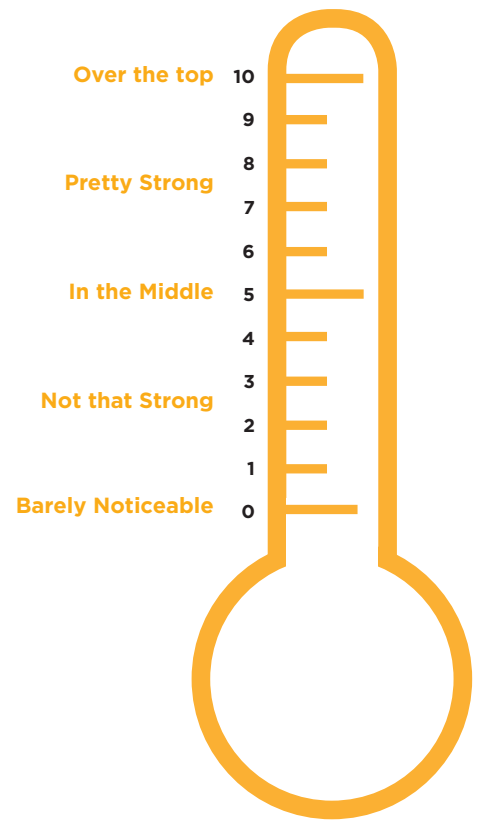
Are there times you remember when your feelings were over the top, or barely noticeable?

How can you ask for help with your feelings?

What are some strengths you might use to increase or decrease certain emotions?

What mindful practices do you know that can help you feel just right?

How might you be able to use this thermometer to work on your goal for this week?



Family Follow Up:

Intentional talk about feelings helps us understand each other. All feelings are important. It is how we manage our feelings that is helpful or hurtful. Naming feelings can help us release emotions, rather than holding emotions in. This creates better communication, understanding, and problem solving.

Try This:

Use this tool to help your child explore and talk about feelings every day this week.