AGES 5–12 | PRINTABLE WORKSHEET

Feelings Thermometer



WHAT THIS IS

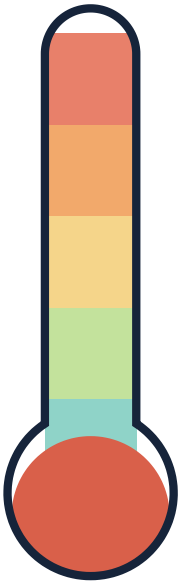
Feelings come in different sizes. A small feeling needs a small tool. A big feeling needs a big tool and a break.

HOW TO USE IT

1. Think of a feeling you had today.
2. Point to how big it was on the thermometer.
3. Write what helps at each level.

EXAMPLE

*"My mad was a **4**. When I am a 4, I take a break and squeeze a pillow."*



5 Huge

I might explode, scream, or run away.

What helps me: _____

4 Big

My body feels hot or tight. It is hard to think.

What helps me: _____

3 Medium

I feel it a lot. I need to do something.

What helps me: _____

2 Small

I notice it a little.

What helps me: _____

1 Tiny

Calm and okay.

What helps me: _____

Right now my feeling is a ____ . The feeling is: _____

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