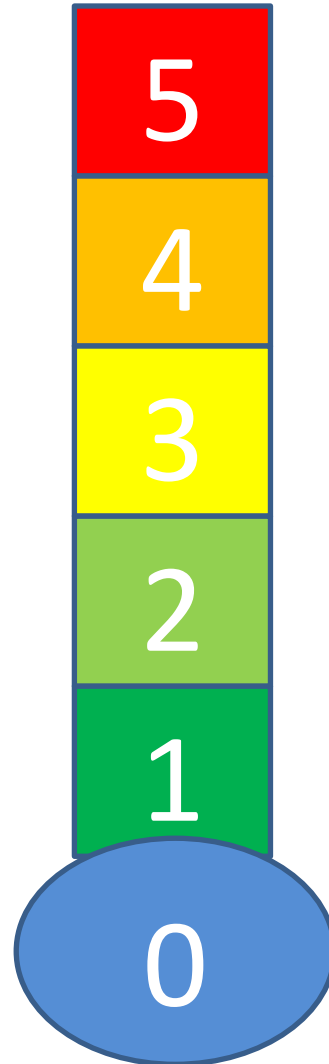




FEELING THERMOMETER

Check in on how your feeling in the morning or after school and discuss what actions you could take to help with these different emotions, sometimes you might not need to do anything. (Check template for examples)

How are you feeling?



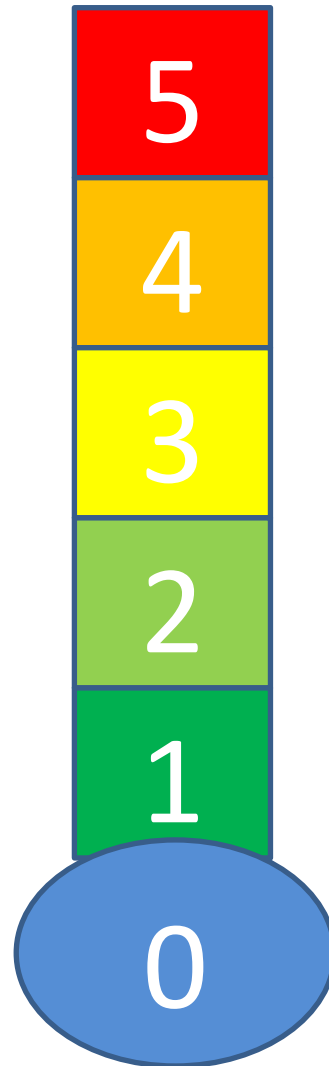
What can you do?



FEELING THERMOMETER TEMPLATE

Furious
Mad
Worried or scared
Happy
Sad or tired

How are you feeling?



I need help to stay safe
I need to talk a break and use a calming activity
I can take some deep breaths
I am feeling good
I could ask for help or a hug

What can you do?