

The Emotion Thermometer

Point to the number - it's easier than finding the words. Post it where everyone can reach it.

5

OVERWHELMED

Everything is too much. I might explode or shut down.

What helps me: _____

4

ANGRY

My body is hot. My fists or jaw are tight.

What helps me: _____

3

UPSET

Something is wrong and it's getting bigger.

What helps me: _____

2

ANNOYED

Something is bugging me. Still small.

What helps me: _____

1

CALM

My body feels okay. I can think and play.

What helps me: _____

How to use it: when feelings run high, ask "Where are you on the thermometer?" instead of "What's wrong?" A number is easier to give than an explanation. Check in on calm days too - noticing feelings early is the whole skill.

Our Plan for Every Level

Decide together, ahead of time, what usually helps at each level - a level 2 might need a snack; a level 4 might need space. Plans made during calm work; plans invented mid-storm don't.

Level 5 - OVERWHELMED: what helps me here is...

Level 4 - ANGRY: what helps me here is...

Level 3 - UPSET: what helps me here is...

Level 2 - ANNOYED: what helps me here is...

Level 1 - CALM: what helps me here is...
