

Feelings Thermometer

Point to the face that matches the body feeling, then choose one support step.

Feeling meter



Body clues and supports

My hands feel tight.

My body needs a breath.

I need a hug.

I can ask for help.

Feelings Thermometer calm-down cards

Cut out the support cards and keep them in one calm corner.



Cloud breath

Cut around this card



Ask for help

Cut around this card



Quiet hug

Cut around this card



Slow count

Cut around this card