

Feelings Thermometer



How Do You Act?

What Can You Do About It?

Arguing, Refusing
Tantrum, Shutting Down
Yelling, Stomping



Count to
10 or 100



Tell an
adult
Move your
body or
exercise



Stop, and
walk away



Take a nap



Take deep
breaths



Practice
grounding
techniques

Avoiding, Pacing
Clingy, Hyper
Shutting Down
Overstimulated



Take deep
breaths



Take a
break
Pause, and
ask for help



Use positive
self-talk



Tense and
relax your
muscles



Relax and
try again



Think of a
peaceful
place

Smiling, Relaxed
Laughing, Engaged
Paying Attention
Enjoying Yourself



Smile &
practice
gratitude



Help
someone
else



Use kind &
positive words



Take steps
toward
your goals



Exercise



Keep
listening



Write
about your
successes

Withdrawn, Disengaged
Crying, Slowed Down
Understimulated
Depressed



Get or give
a hug



Talk to friends
or family



Get some
fresh air



Stretch



Listen to
music



Move your
body or
exercise



Do a hobby
you enjoy