Feelings thermometer

How big is the feeling right now? Rate it from 1 to 5.

5	**Boiling over** Big feeling. Very hard to think. First job: be safe and find a grown-up.	**What it looks and feels like for me**	**What helps me here**
4	**Hot and bubbly** Feeling it a lot. Use a calm-down skill now.	**What it looks and feels like for me**	**What helps me here**
3	**Wiggly and stirred up** Something is bothering me. Time to notice and name it.	**What it looks and feels like for me**	**What helps me here**
2	**A little bothered** Small feeling. I can handle it or ask for help.	**What it looks and feels like for me**	**What helps me here**
1	**Calm and cozy** Relaxed. A good time to think and talk.	**What it looks and feels like for me**	**What helps me here**

Things that push my feeling up

Things that bring it back down

Name _____ Date _____

My calm-down plan

Make this plan when I feel calm. Practice it. Keep a copy at my desk.

1

I notice the signs

My body and my thoughts tell me a big feeling is coming.

2

I stop and breathe

Pause. Take 3 slow breaths. My favorite kind of breathing is:

3

I pick a calm choice

Three skills from my coping menu that work for me.

1	2	3

4

I go to my calm spot

A place that helps me feel better (ask first if I need to leave).

5

I ask for help

A grown-up who can help me, and what I can say.

6

I come back and try again

When I feel calmer I can fix it, say sorry, or start fresh.

My plan worked when

Name _____ Date _____

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