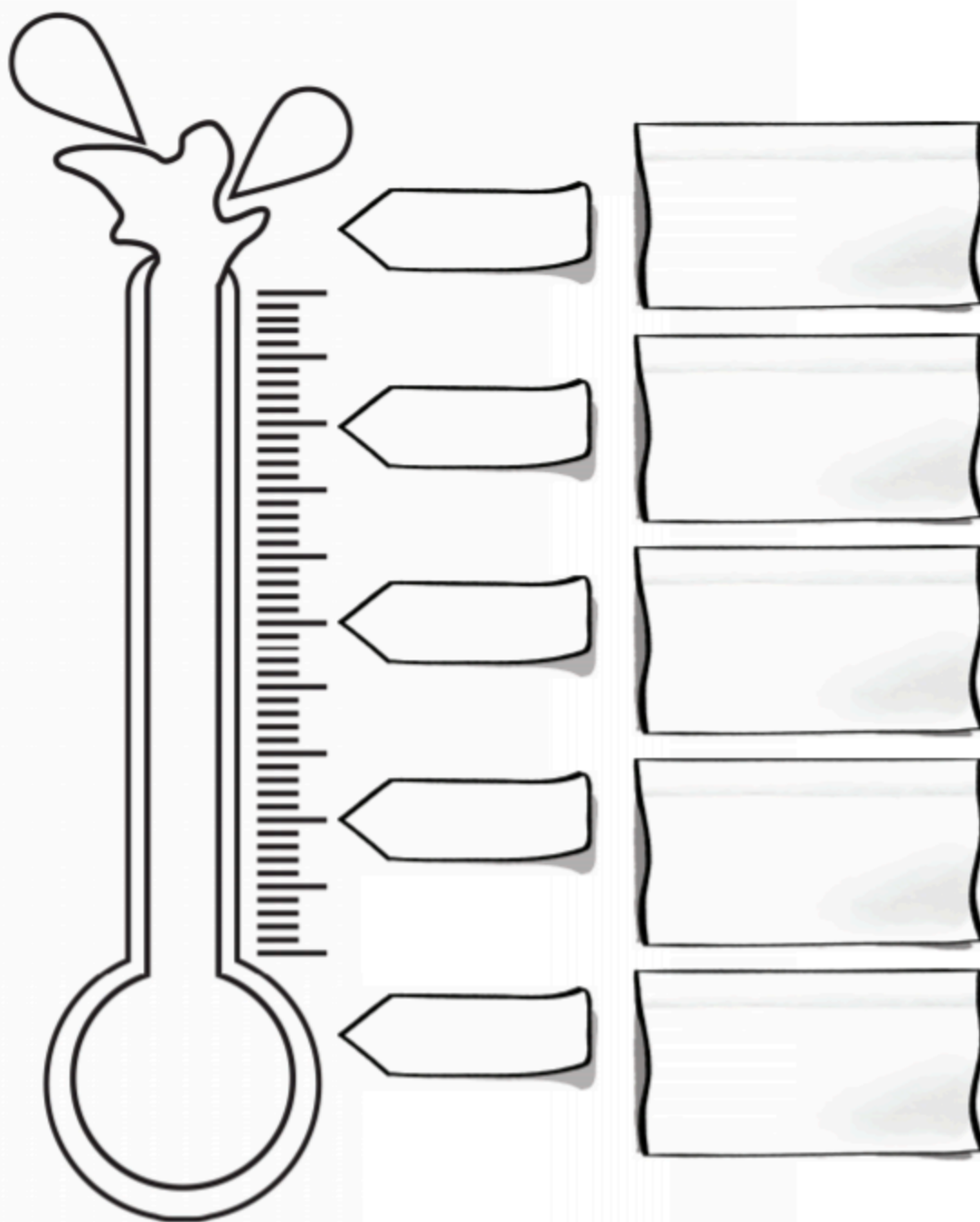
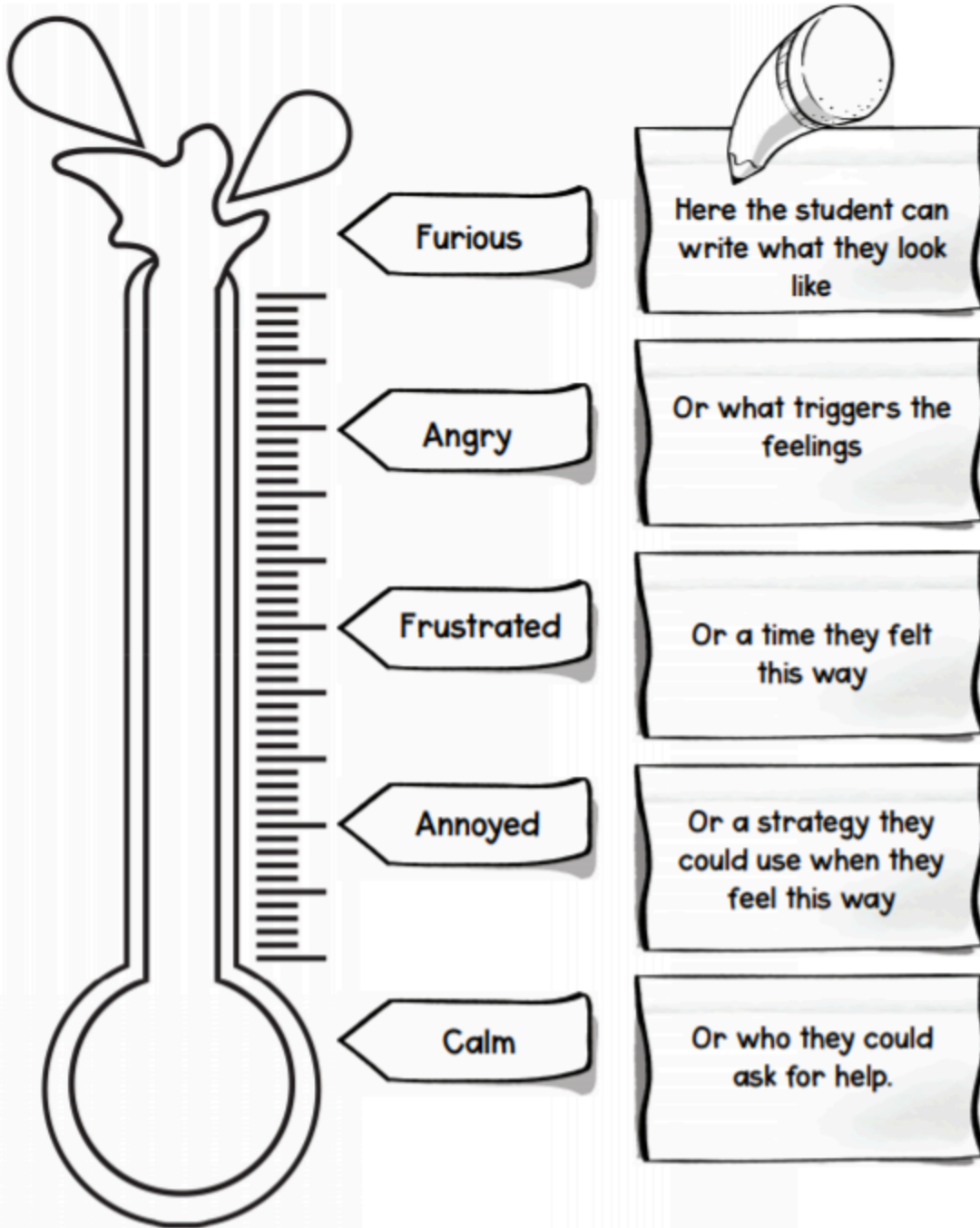


My Feelings Thermometer



My Feelings Thermometer



Furious

Here the student can write what they look like

Angry

Or what triggers the feelings

Frustrated

Or a time they felt this way

Annoyed

Or a strategy they could use when they feel this way

Calm

Or who they could ask for help.