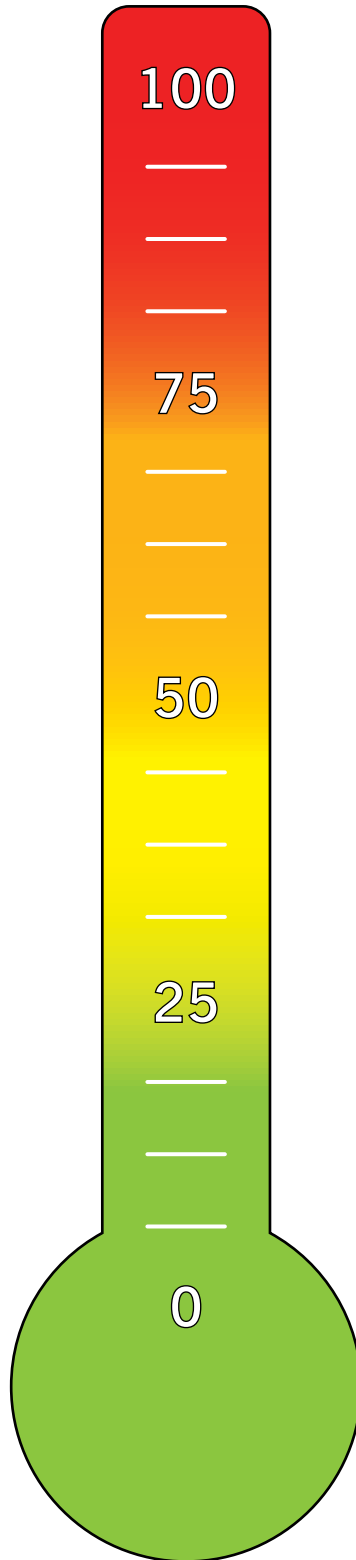


# Feeling Thermometer



# Feeling Thermometer Guide

The Feeling Thermometer helps you communicate and track your feelings each day. It measures feelings on a scale of comfortable (green) to uncomfortable (red). Using the thermometer you and your family members can measure the intensity of your feelings and note how the different intensities affect you.

Here is a guide to help you and your family use this tool:

**Step 1.** Introduce the Feeling Thermometer to your family members. Explain the different color zones and how these can be used to describe how comfortable or uncomfortable each person feels. Clarify that everyone will have different things that make them feel a certain way. Give examples.

**Step 2.** Ask each family member to give an example of something that puts them in the Green Zone; Yellow Zone; Orange Zone; or Red Zone. (If needed, you can help give examples to your child, based on what you have observed about them).

**Step 3.** Explain that each day, family members will check in with each other to see how they are feeling, using the Feeling Thermometer. Each family member will have a clothespin with their name on it, that will be placed next to the color zone that describes how they are feeling.

**Step 4.** Check in at least once a day with family members, using the Feeling Thermometer.