
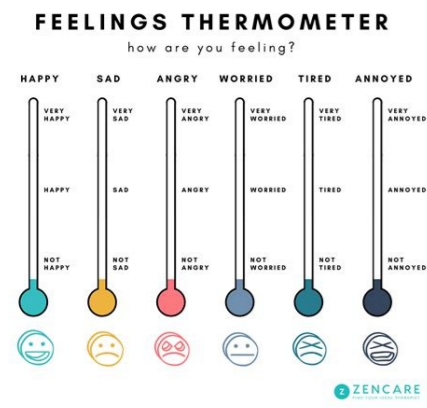


I'm not robot  reCAPTCHA

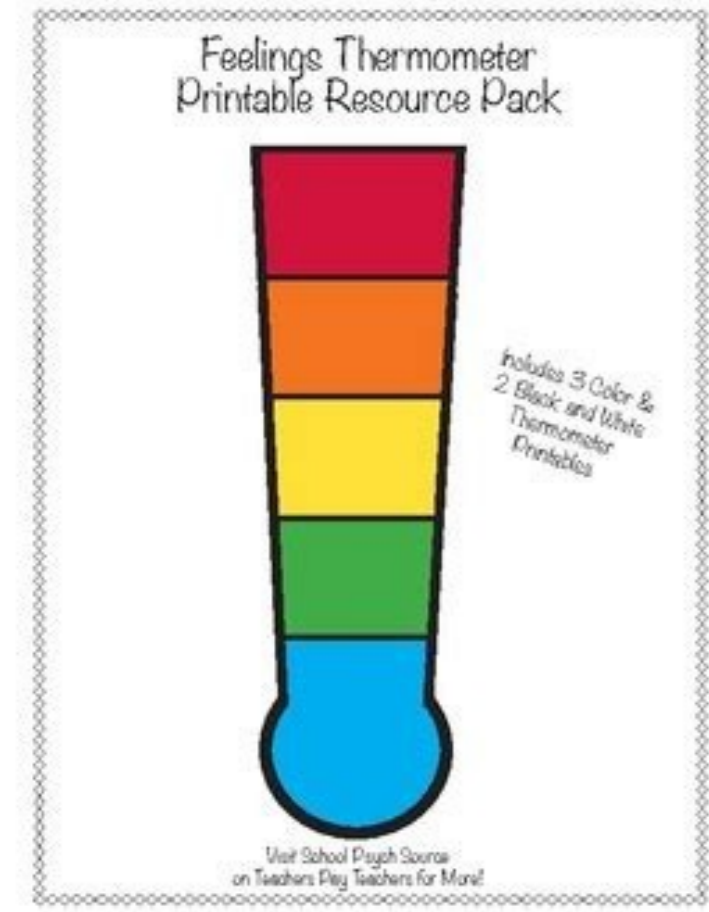
Continue

Feelings thermometer printable pdf

Learning to recognize, verbalize, and manage feelings is an important part of social development in children. As young as pre-school age, children have the ability to identify their emotions and the emotions of others, speak about their emotions, and regulate their emotions. Children who show greater competency in these areas tend to have better peer relationships, and they are viewed more favorably by teachers. The Emotion Thermometers handout is a tool for helping children put a name to their feelings and rating their intensity. The colorfully illustrated faces help children recognize each emotion, and the simple rating scales allow them to indicate how intensely they feel each one. Children may color thermometers to their desired level, or make a single mark. This resource is not diagnostic, but can be used in a variety of ways to build emotional literacy. Suggested uses include: Use Emotion Thermometers at the beginning of each session as part of a check-in routine. Help children put a name with their feelings by regularly completing this exercise at the end of sessions, after sharing a story (e.g. "How did you feel when that happened?"), or when they are visibly experiencing an emotion.

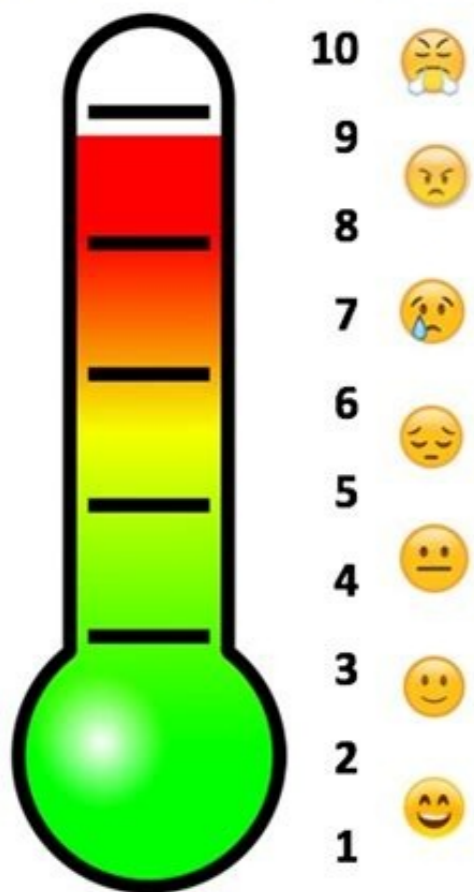


Teach empathy by exploring the emotions of others. Use this resource to explore how someone else might feel. For another emotion face activity, check out Emotion Face Questions: Emotion Cards: Questions interactive tool 1. Denham, S. A., Blair, K. A., DeMulder, E., Levitas, J., Sawyer, K., Auerbach-Major, S., & Queenan, P. (2003). Preschool emotional competence: Pathway to social competence? Child Development, 74(1), 238-256. 2. Pons, F., Harris, P. L., & Doudin, P. A. (2002).



Teaching emotion understanding. European Journal of Psychology of Education, 17(3), 293. 3. Ulutaş, I., & Ömeroğlu, E. (2007). The effects of an emotional intelligence education program on the emotional intelligence of children. Social Behavior and Personality: An International Journal, 35(10), 1365-1372. This post and its photos may contain affiliate links. If you make a purchase through these links, I may receive a small commission at no extra cost to you! Read my full disclosure policy here. Inside: This fun, easy-to-put-together free feelings thermometer is the perfect tool for the home, classroom, or therapy office! Sometimes our little angels hit, sometimes, they yell, sometimes they roll around on the ground, and we have no flipping idea why. *Ahem* Right about now, all the parents with young kids or parents who once had young kids are nodding their heads. Well, here's a little secret: We can teach kids to recognize, name, and process these big feelings so that they can react in an appropriate manner. And we can do this by using a feelings thermometer. (Also called an emotional thermometer, or an anger thermometer by some). Feelings thermometers are staple tools in counseling offices, but they are also amazing additions to the home. Let's take a closer look at this magical calm-down tool for kids. Oh and you can snag this FREE feelings thermometer near the bottom of this post! Snag this free download below! At its simplest, a Feelings Thermometer is a visual picture of a thermometer that displays various emotional states. It's a research-backed tool that can be used at home, in the classroom, or therapy office. (Over and over again!) As the temperature rises on the thermometer, the emotions rise too. Once you reach the top, the thermometer would be bleeping, warning, warning warning! Usually, at the bottom of the thermometer, we are happy and calm. The middle part can represent silliness or sadness or slight agitation. And when we reach the hot top, we are blow the lid off angry. There are usually numbers attached to each level of the thermometer to show the intensity of the feeling. Some thermometers might represent just one emotion, like different levels of sadness, silliness, or anger. Ultimately, these handy tools help kids identify how they are feeling and develop a self-management plan! And don't we all need a little helping connecting our thoughts, feelings, and actions? I know I do! Sometimes I'm caught off guard by the intensity of my emotions. So just imagine the intensity for a young child who is still incapable of reasonable processing. For all kids, one of the first steps we might take to help them cope with any big emotion is to help them become aware of their feelings and the typical behaviors accompanying these BIG feelings! Well, here's the good news: A feelings thermometer (or emotional thermometer) is a great starting point in helping kids understand this process. Snag this printable Emotional Thermometer for FREE below! How are you feeling? Happy? Silly? Frustrated? Sad?

FEELINGS THERMOMETER



Throughout the day, we experience many different emotional states. A Feelings Thermometer is a wonderful tool to help kids visualize their feelings and share their emotional state. Describing feelings over time builds self-awareness, which allows coping skills to come into play. After all, young kids don't have complex language. I might say, "I am so disappointed today." But a young kid might struggle to put their finger on the language to describe their exact feeling. That's where this feelings thermometer is a real treasure chest of goodness. A Feelings Thermometer will help your child identify and communicate these basic feelings. Which is SO important for emotional development. And here's the next part: After your child becomes adept at noticing what emotion they are feeling, let's teach them that feelings come in different intensities (like the weather).

Anxiety Thermometer



There is no one-size-fits-all when it comes to emotions. Sometimes we are happy, and sometimes we are dancing in the rain happy! Sometimes we are irritated, and sometimes we are bursting into the incredible hulk angry. Using a visual that encompasses a spectrum, kids can pinpoint exactly where they are on the spectrum, creating self-awareness. For example: You might ask your young daughter what's wrong, and she mutters, "Nothing." Well, when you ask your daughter to point to where she's at on the thermometer, she points to the upper part of the thermometer. She's actually pretty hot and bothered! Another way I like to describe the different intensities of feelings is to associate the weather with our feelings. Just like the weather, our feelings can be slightly stormy or super intense like a tornado. We can be overcast (blah), bright and sunny, and feelings can come and go quickly. The most important point here is that we need to teach our kids to recognize their feelings. And then, we can help them understand that they can alter their behavior appropriately. We could ask the little girl in the scenario above what she could do to lower her temperature. And this is where the magic happens! 1. Print out your free feelings thermometer PDF. 2. Explain the scale of 1 - 5 (1 being happy and 5 being furious) to your kids 1 - Calm 2 - Silly or hyper 3 - Sad or down 4 - Slightly Irritated 5 - Furious Don't be afraid to change the scale to only reference one emotion. If you wanted only to reference anger, it could look like this: 1 - calm, 2 - irritated, 3 - more irritated all the way to 5, which is blow the lid off angry. 3. With your child, patient, or student, talk about each level of the thermometer. Ask what their anger looks like when they are rising the thermometer. Do they stomp their feet? If they are at the top of the thermometer, do they scream or throw things? 4. Once we have identified the different levels of feelings, we can talk about coping strategies they can use to calm down when they enter different thermometer levels. Some examples include changing rooms, touching their toes, or drinking a glass of water. My favorite calm down strategy is to use calm breathing.



NAME	FEELING CLUES	
10	Blind rage	Slapping, pounding fist,
9	Boiling over	Throwing things
8	Danger ahead	Thoughts of revenge
7	Feeling angry	"I'm a slave."
6	Resentful	"Can't someone help?"
5	Tense stress	Head pounding
4	Okay Stress	"Staying strong."
3	Liking it	"In a groove."
2	Feeling good	Doing for me.
1	Sea shore calm	Relaxed, smiling

Grab this set of 24 breathing cards right here! These are the Cadillac of calm-down strategies for kids. I want to make sure they have coping skills that will help them at each level of anger. It's important to have a variety of Give your kiddo a high five for being so receptive! If you love teaching kids emotional regulation as much as I do, head on over to 55 anger management activities for kids or 73 ways to help an anxious child. If you are on the hunt for more helpful BIG feelings resources, check out this epic Anger Rescue Kit right here. You can use your feelings thermometer in the classroom, at home, or in the therapy office. I would recommend not just using your thermometer when your kiddo has escalated but also take some time and talk about how it feels to be in the green (happy) zone. What does that look like? What does that feel like? Then take some time talking about the other zones when your child is calm. While this free version here shows a wide range of emotions, don't be afraid to create a thermometer with only one emotion. If your child is struggling with feelings of sadness, making a sadness thermometer will encourage your child to go deeper into exploring this feeling. Make it accessible. Can your child access it when they need to? Keep it somewhere handy. I love to hang my emotional thermometer on the wall. Do you have a laminator? I LOVE to laminate all my resources so that my son can use a dry erase marker. Make lots of copies so that your child has one for each day of the week. You can also share this amazing calm down tool with teachers, parents and friends. portable version to use in the car or while at social gatherings. Ask probing questions, "Have you ever felt an emotion higher than the thermometer goes?" "Why are you feeling like your anger is a 4?" Create a positive home or classroom with these 40 calm down posters, worksheets, and activities. This is the perfect addition to any calm-down corner. Grab your Calm Down Kit here. I hope this feelings thermometer is helpful for your home, classroom, or therapy office. They are wonderful tools to help kids recognize their feelings and start developing healthy coping strategies. Don't forget to snag your Free Feelings Thermometer PDF printable right here.

PIN ME FOR LATER! Anger Thermometer (Printable PDF): In this post, you will find a broad selection of anger thermometer examples. We will learn how to use an anger thermometer with your kids or students. And, you will also be able to download free printable anger thermometer activities and templates. What is an Anger Thermometer? An anger thermometer is a visual tool that assists kids (and adults) in: communicating emotional states labeling their angry feelings expressing intensity or levels of anger understanding how their feelings of anger may escalate starting conversations about anger signs, anger triggers, and coping strategies An anger thermometer is a helpful counseling tool and an easy-to-use resource for the home. Anger thermometers are often referred to as feelings thermometers. Feelings thermometers may include other emotions, like sadness. For the purpose of this post, we have focused on the expression of anger. How to Use an Anger Thermometer for Kids An anger thermometer is a helpful social-emotional learning resource. This visual tool effectively illustrates how anger escalates when we get mad. We use our anger thermometers in a similar way to our emotions charts. Your kid or student can use their anger thermometer to: Describe and label their feelings for each level of anger List the anger warning signs that their body sends them when mad or frustrated Discuss what their anger triggers are Explore appropriate calming strategies that could help them with those angry feelings. As anger intensity elevates, they may require a different set of coping strategies. Helpful Tip: Practice using an anger thermometer when your child or student is calm. I always emphasize the need for practice even with activities that you may not feel need practicing. It will be difficult for your child to use the thermometer when they are starting to lose control unless they have already acquired some practice. You can use the script below with your kids or students. Have you (or Mom/Dad/caregiver) ever used a thermometer to check your temperature when you are sick? Our anger thermometer works similarly. When we start feeling our anger warning signs, we can use our anger thermometer to show our "anger temperature". It will help us identify how we feel and remind us that we need to use our calming strategies, like taking deep breaths or problem-solving. Anger Signs Anger signs are those warning signals that our body sends us to tell us that we are getting upset. Teaching our kids to recognize those signs may help them by: signaling the need to remove themselves from some anger-triggering situations helping them identify the need to use coping strategies When your child or student is using the anger thermometer, prompt them to describe what their anger symptoms are on those different levels: how does your body feel when you are in number "x" of the scale? what are your thoughts when you are in number "x" of the anger scale? The numbers will depend on what type of scale you are using. In this article, you will find examples for three, five, and ten-point anger scales. Examples of anger signs your kids may mention could be: my heart races my voice is louder - or I can't speak at all I'm having angry thoughts Related reading: Anger Signs Checklist for Kids Anger Triggers in Kids Anger triggers are those situations, thoughts, or actions that make your kid angry. When you are working through the anger scale with your kid / student, you will have the opportunity to explore and discuss triggers for their frustration and anger. Examples of anger triggers your kids may mention could be: Being asked to do homework A feeling of injustice A friend saying something unkind Related reading: Checklist of Anger Triggers for Kids Calming Strategies for Kids Probably the most beneficial outcome of using an anger thermometer will be the possibility of devising a coping plan. Explore each level of anger in your scale and help your kids decide what would be the best coping strategy for them. Examples of calming strategies could be: Breathing exercises Distractions Physical exercises Problem-solving For in-depth information on these topics, you may read: 51 Anger Management Activities for Kids 101 Calming Strategies for Kids 11 Free Printable Anger Thermometers (Templates & Activities) I've prepared a fun selection of printable anger thermometers that you can use as worksheets or fun activities to explore anger. All the thermometers shown below are included in the download, as well as instructions on preparing the activities. Digital Anger Thermometer I've prepared this feelings thermometer as a simple and fun craft that you can easily prepare at home or school. This digital thermometer worksheet will assist the child in representing three different emotional levels: happy a bit unsettled, mad These emotions are presented with three different emoticons and colors. There is a cut-out tri-colored strip that your child can slide up and down and display the emotion that adequately describes their feelings. Instructions on how to prepare this worksheet are included in your download. The worksheet also includes prompts to guide you through all the exploration questions that we recommended in the section above: Labeling our emotions: "Name that feeling" Triggers: "What is making me feel this way?" Coping Strategies: "What would help me feel better?" Family Mood-Meter We use the same three-point scale digital thermometer presented above for this anger group activity. The Mood-Meter comes with four thermometers. All the family or a small group can share now how each of them is feeling. There are two presentations available: Family Mood-Meter Group Mood-Meter. You can use the latter when working with a small group. Tip: laminate these worksheets, and you can use them over and over again. Related: Mood Trackers for Kids (free printables) 3-Point Anger Thermometers (with children's illustrations & smiley faces) 3-point anger scales are a good option for younger kids who may find it difficult to express levels of emotions: happy / okay / fine a bit annoyed, unsettled (we can tell something is going on, but we are still in control of our anger) angry / mad / furious We are including two different options: with children's illustrations, to assist with faces that portray the emotions with smiley faces In all these scales, you will see spaces to explore anger signs, triggers, and coping strategies. 5-Point Anger Thermometer 5-point scales are also very popular when we are helping children express their emotions. The 5-point anger thermometer with children allows them to express a broader range of emotions. These are some examples of feelings for your five and ten-point scales: calm just fine tense annoyed frustrated upset angry mad furious. These worksheets will assist the kid in: labeling those angry feelings identifying the calming strategy that might help with anger control. 10-Point Anger Thermometer 10-Point Anger thermometers are usually recommended for adults and older kids. 10-point scales are one of the most common measuring tools in research and have been used to measure constructs like feelings, satisfaction, or pain, among many others. Some of these scales use 0 to 10 measures, while others run from 1 to 10. In this case, I've used a 1-10 rating scale. You can use any of these worksheets at two different points in time: Before anger happens, as exploration tools to help them understand this emotion. Explore how feelings of anger escalate, different triggers, body anger signs for different anger levels, and coping strategies that could help at each of those While you are experiencing anger, to help explore a specific experience. Describe anger levels at the current moment, what has caused this feeling and what would be the best strategy to deal with it. Blank Anger Thermometers If you prefer a more creative way to explore anger, you may work with your anger scales from scratch. Let your kid or student color their emotions. You may choose one of these three blank anger thermometers, included in your free download: three-point scale five-point-scale ten-point scale Fridge Anger Thermometer This thermometer can be used as an anger management group activity (similar to the Family Mood-Meter we saw at the beginning of this post) Display it on the fridge, a wall, or any other convenient place where everybody can see it. I've laminated ours and glued a magnet to the back. We display it on the fridge door, and we have magnets in different colors for each family member. This thermometer display facilitates opportunities to share how we feel and why. For example, Dad could say: "I'm feeling good because I'm finally home after a long day at work, and we are having my favorite food for dinner!" Since it's laminated, we can also use a whiteboard pen to write our names and mark where our feelings are. Anger Thermometer Activity This is another fun anger management activity using a traditional thermometer. We use a color strip to represent how our anger rises in the thermometer visually. Your download has detailed instructions and pictures to help you prepare for this activity. This DIY feelings thermometer works also as an anger activity worksheet that helps your kid or student: label feelings explore what is causing their emotions look for coping or calming strategies I would recommend you laminate this worksheet to use it as often as you would like. The activities below are also great ways to work on anger and big emotions with kids: Anger Iceberg for Kids Feelings Box How to Prepare a Calming Box Printable Anger Thermometer for Kids (PDF Download) I hope I've been able to create a comprehensive selection of anger thermometers that you can use with your kids, students, or clients. Today's post has a mix of anger management activities and worksheets that you can download below! Other helpful resources to teach kids anger coping skills: