

EMOTION THERMOMETER

Process

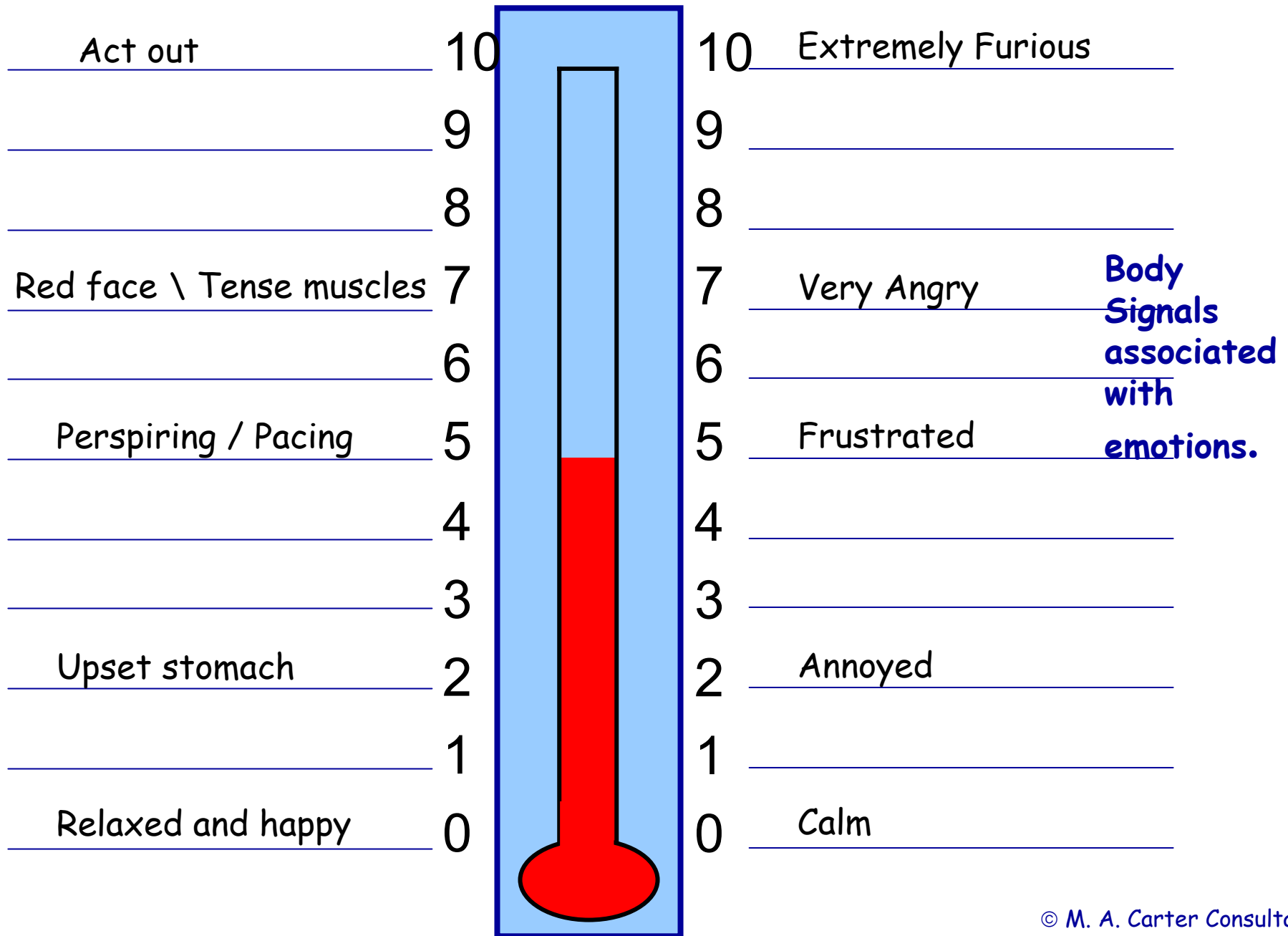
1. Invite child to draw their own thermometer;
2. Have the child label the levels of intensity beginning at the bottom of the thermometer with zero and moving upwards in units of one to the top;
3. Ask the child to label the thermometer on the left side with words that express different levels of the particular emotion (e.g., Happiness Emotion / Anger Emotion / Anxiety Emotion).
4. Some children may enjoy adding colour to each emotion intensity levels (e.g.. blue for calm and red for furious);
5. On the right side of the thermometer ask the child to describe their body signals that they associate with each emotion;
6. On the right side of the thermometer have the child write the strategy /strategies for remaining at this level or calming downwards rather than escalating upwards.

MAD EMOTION THERMOMETER

Levels of
Mad Emotion
Thermometer



MAD EMOTION THERMOMETER



MAD EMOTION THERMOMETER

Moving away to safe space, tearing egg cartons, trampoline, listening to music on CD.

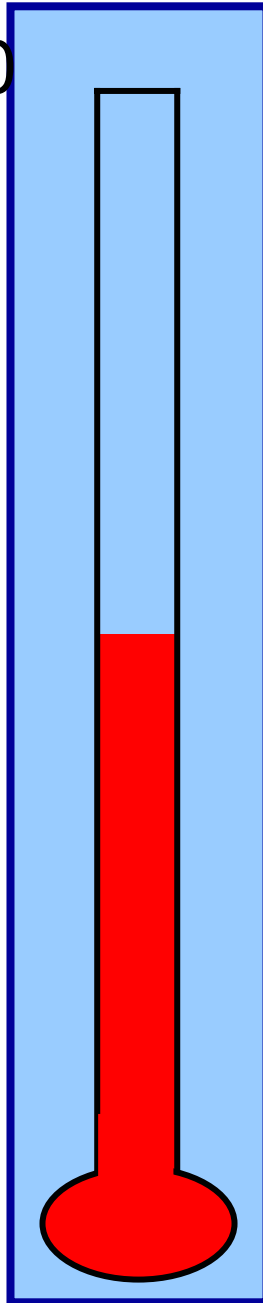
Peace shelter away, breathing in and out, visualizing, tapping music with fingers.

Moving away to peace shelter, tensing and relaxing muscles, self talk 'Stay Cool. I can do it'

Deep breathing in and out, in and out, in and out; dial a smile book

Keep going

10
9
8
7
6
5
4
3
2
1
0



10
9
8
7
6
5
4
3
2
1
0

Explosive

Very Angry

Frustrated

Annoyed

Calm

Behaviours associated with body signals and emotions.