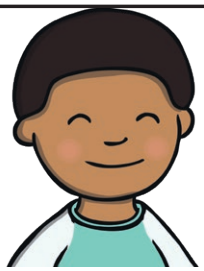
Feelings Thermometer
How Are You Feeling?

This feelings thermometer belongs to: _____

 angry	5	When I feel angry, I can...
 sad	4	When I feel sad, I can...
 nervous	3	When I feel nervous, I can...
 happy	2	When I feel happy, I can...
 calm	1	When I am calm, I can...

twinkl

Match Actions to the Feelings

Sometimes we can feel sad, nervous or angry. This is OK. Choose the pictures that might help you feel calm or happy. Cut them out and paste them on your feelings thermometer.



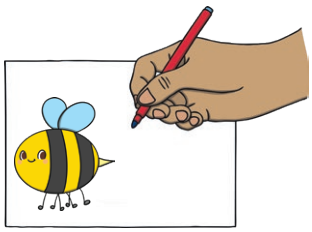
Ask for a hug.



Take a break.



Take ten deep breaths.



Draw a picture.



Talk to someone.



Listen to music.



Play with toys.



Play with a friend.



Read a book.



Ask for help.



Go for a walk.



Go on the swings.



Jump on the trampoline.



Do a puzzle.



Play a game.