

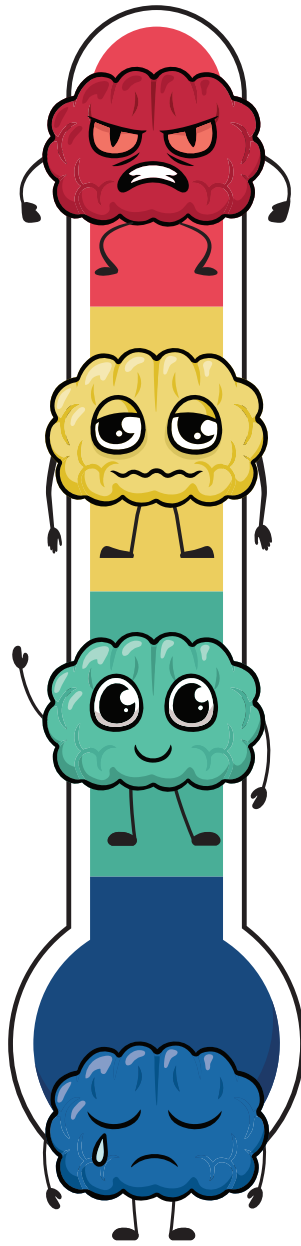
Feelings Thermometer

Agitated
Angry
Devastated
Frightened
Furious
Jealous
Stressed Out

Confused
Embarrassed
Excited
Irritated
Nervous
Silly
Worried

Confident
Fine
Focused
Happy
Hopeful
Peaceful
Proud

Bored
Disappointed
Lonely
Sad
Shy
Sick
Tired



How Do We Act?

What Can You Do About It?

<p>Arguing, Refusing, Tantrum, Shutting Down, Yelling, Stomping</p>	<p> Count to 10 or 100</p> <p> Tell an adult</p> <p> Move your body or exercise</p>	<p> Stop, and walk away</p> <p> Take deep breaths</p>	<p> Take a nap</p> <p> Practice grounding techniques</p>
<p>Avoiding, Pacing, Clingy, Hyper Shutting Down, Overstimulated</p>	<p> Take deep breaths</p> <p> Take a break</p> <p> Pause, and ask for help</p>	<p> Use positive self-talk</p> <p> Relax and try again</p>	<p> Tense and relax your muscles</p> <p> Think of a peaceful place</p>
<p>Smiling, Relaxed, Laughing, Engaged, Paying Attention, Enjoying Yourself</p>	<p> Smile and practice gratitude</p> <p> Help someone else</p> <p> Exercise</p>	<p> Use kind and positive words</p> <p> Take steps towards your goals</p>	<p> Keep listening</p> <p> Write about your successes</p>
<p>Withdrawn, Disengaged, Crying, Slowed Down, Understimulated, Depressed</p>	<p> Get or give a hug</p> <p> Talk to friends or family</p> <p> Get some fresh air</p>	<p> Stretch</p> <p> Listen to music</p>	<p> Move your body or exercise</p> <p> Do a hobby you enjoy</p>