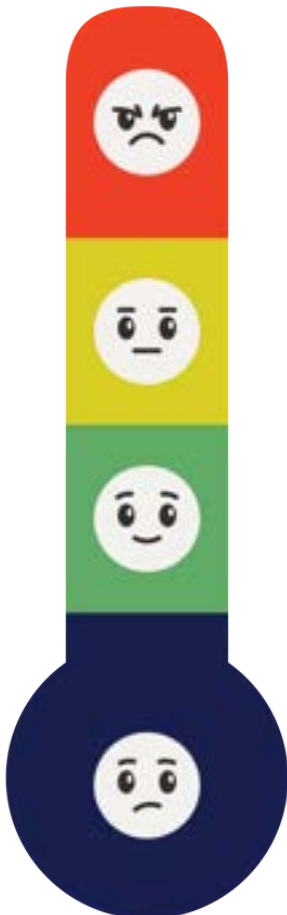


Feelings thermometer

Angry Despair Frightened Furious Jealous Stressed		How do you act?	What can you do about it?
Confused Embarrassed Excited Irritated Nervous Worried		Argumentative, Tantrum, Melt down Shouting	Count to 10, exercise, stop and walk away, take a nap, practice grounding techniques, talk to a trusted adult, breathing exercises
Confident Focused Happy Hopeful Proud		Pacing, Clingy, Hyperactive Overstimulated, Shutting down	Take deep breaths, take a break, ask for help, try again, tense and relax your muscles, mindfulness
Bored Disappointed Alone Sad Shy Tired		Relaxed, Laughing, Engaged, Playful, Smiling	Gratitude journalling, be kind, set goals, help someone else, exercise
		Disengaged, Crying,, Understimulated, Depressed Withdrawal	Get or give a hug, stretch, talk to friends or family, get go for a walk, listen to music, exercise, do something you enjoy