

Feelings Thermometer

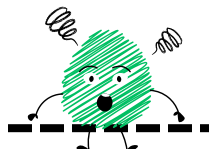
COLOR IN THE EMOTION(S) YOU ARE FEELING & TRY SOME OF THESE TIPS TO HELP YOU MOVE THROUGH THEM.

ANGRY



Take a slow breath.
Journal or draw.
Talk to a teacher, friend, or parent.

OVERWHELMED



Practice positive self-talk.
Ask a safe person for help.
Take a break to recharge.

ANXIOUS



Take a deep breath.
Keep my hands busy with a fidget.
Go outside to ride my bike or for a run.

SAD



Talk to someone about why I'm sad.
Read a comforting book or story.
Hug my favorite stuffed animal.

ANNOYED



Listen to calming music or nature sounds.
Take a break from the situation.
Distract myself with a fun game or activity.

HAPPY



Thank Hashem and pass on the joy to family and friends.

CALM



Relax, read a book,
enjoy a quiet activity.