



Feeling Thermometer



Strategies

lose control

5

lose control

- * Go to a quiet area until you are calm
- * squeeze hands if you feel like you need to hit someone

mad

4

mad

- * Ask for break
- * whisper please leave me alone
- * Take a walk
- * Ask to go to the office
- * GO to a quiet area

nervous

3

nervous

- * Take deep breaths
- * talk to friend
- * squeeze hands
- * think positive- I can

uncomfortable

2

uncomfortable

- * take deep breaths
- * squeeze hands
- * take a walk
- * Think positive thoughts

calm & happy

1

calm & happy

- * Smile
- * Be happy

Lose Control

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- * squeeze hands if you feel like you need to hit someone

MAD

- * Ask for break
- * whisper please
leave me alone
- * Take a walk
- * Ask to go to the office
- * GO to a quiet area

NERVOUS

- * Take deep breaths**
- * talk to friend**
- * squeeze hands**
- * think positive- I can**

UNCOMFORTABLE

- * take deep breaths
- * squeeze hands
- * take a walk
- * Think positive thoughts

Calm & Happy

* Smile

* Be happy

