



Wisconsin
Adoption &
Permanency
Support

FEELINGS THERMOMETER

THE FEELINGS THERMOMETER IS A VISUAL TOOL THAT HELPS YOU (KIDS AND ADULTS) MEASURE HOW YOU ARE DOING EMOTIONALLY AND WHAT STEPS YOU CAN TAKE TO SHIFT YOUR MOOD WHEN THINGS ARE GETTING TOUGH.

FEELINGS THERMOMETER

How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

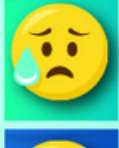
- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity



Wisconsin Office of **Children's Mental Health**

children.wi.gov

POST A COPY OF THE FEELINGS THERMOMETER ON YOUR FRIDGE!



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