

Feelings Thermometre

HOW ARE YOU FEELING?

THIS FEELINGS THERMOMETRE BELONGS TO: \_\_\_\_\_



5

WHEN I FEEL ANGRY, I CAN ...



4

WHEN I FEEL SAD, I CAN ...



3

WHEN I FEEL NERVOUS, I CAN ...



2

WHEN I FEEL HAPPY, I CAN ...



1

WHEN I FEEL CALM, I CAN ...