Feelings Thermometer – How am I feeling now?

Rage, furious

Angry, mad

Frustrated, confused, annoyed, very sad

Nervous, worried, anxious, upset

Happy, calm, satisfied, elated, pleased, o.k.

Take 5 deep breaths
Change what you are doing
Go to your calm space
Request help

Take a break
Count to ten and try again
Take 3 deep breaths
Request help

Be positive!
Say ‘I can do this!’, or ‘It’s ok’
Think of something good or your favourite activity

Well done!
Everything is cool!
You’re relaxed, calm and focused.

J Tzakos