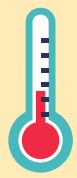


# FEELINGS THERMOMETER



When you know how you feel, you can know how to take care of yourself!

Which feelings zone are you in?

## BLUE ZONE



Sad  
Lonely  
Tired

## GREEN ZONE



Happy  
Calm  
Relaxed  
Okay

## YELLOW ZONE



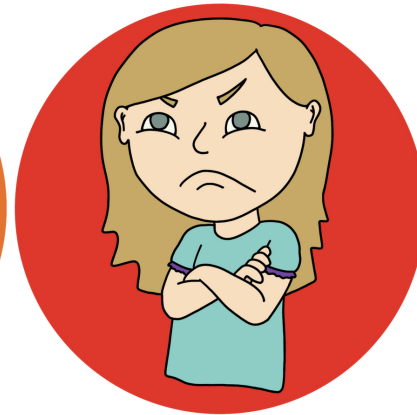
Confused  
Uncomfortable  
Annoyed

## ORANGE ZONE



Nervous  
Upset  
Worried  
Scared

## RED ZONE








Angry  
Mad  
Frustrated



# COPING SKILLS CHART



Once you find what zone you're in on the Feelings Thermometer, then you can use the Coping Skills Chart to figure out what you can do next!

When I feel sad, tired or lonely; I could try...	When I feel happy, calm, relaxed, or okay; I could try...	When I feel confused, uncomfortable, or annoyed; I could try...	When I feel nervous, upset, worried, or scared; I could try...	When I feel angry, mad, or frustrated; I could try...
				
<ul style="list-style-type: none"><li>• Asking for a hug</li><li>• Crying it out</li><li>• Coloring</li><li>• Petting an animal</li></ul>	<ul style="list-style-type: none"><li>• Dancing</li><li>• Smiling</li><li>• Learning something new</li><li>• Helping a friend</li></ul>	<ul style="list-style-type: none"><li>• Asking an adult for help</li><li>• Asking questions</li><li>• Talking to friends</li></ul>	<ul style="list-style-type: none"><li>• Taking some deep breaths</li><li>• Doing something that makes me feel good</li><li>• Hugging a stuffed animal</li></ul>	<ul style="list-style-type: none"><li>• Moving my body safely, like running or jumping jacks!</li><li>• Taking a walk</li><li>• Crying it out</li><li>• Talking to a friend</li></ul>

## COPING SKILLS YOU COULD TRY IN EVERY COLOR ZONE!

- Talking to an adult or asking for help
- Writing down what you feel
- Listening to music
- Taking a break
- Having a snack
- Drinking water
- Spending time outside
- Write down or think about some of YOUR ideas for coping skills you could try!