

Feelings Thermometer

A feelings Thermometer is a way for children to communicate how they are feeling, especially if they struggle to put their feelings into words.

It's important for children to know that it is okay to feel different emotions.

- Sit down with your child and talk through the different stages of the thermometer, from calm/happy to angry or upset. Discuss times when they have felt like this, so that they can start to see links between the thermometer and their emotions.
- It's helpful to talk through times you may have felt like this too, this will help to normalise how they are feeling.
- Talk about each different emotion, what does it look like for them? Do they stomp their feet and growl when they are feeling angry? Does their voice get louder? This can be difficult for younger children. So instead, you can describe to them, what you are noticing, "I noticed that your voice gets louder and you stamp your feet, when you are feeling upset."

Coping Strategies

As your child becomes familiar with the thermometer, then you can start to introduce coping strategies - skills they can use to help regulate themselves. These might include:

- Having a drink of water
- Going to their 'calm space'
- Running around the garden
- Listening to music

Once you and your child have agreed some strategies, next time they feel a 'big emotion', they can use the thermometer to indicate how they are feeling.

Your child can then use a strategy they suggested to help support their self-regulation.

