

TAKE YOUR TEMPERATURE

MEASURING FEELINGS

- PICK A FEELING
- MEASURE THAT FEELING USING THE THERMOMETER
- 0 IS THE LEAST AMOUNT OF THE FEELING
- 5 IS A MEDIUM AMOUNT OF THE FEELING
- 10 IS THE MOST INTENSE AMOUNT OF THE FEELING
- WHAT HELPS YOU MOVE FROM A HIGH NUMBER TO A LOWER NUMBER?
- MAKE A THERMOMETER FOR A PARTICULAR FEELING YOU ARE HAVING TROUBLE WITH, LIST WHAT THAT FEELING LOOKS LIKE AT EACH NUMBER, MAKE A COPING PLAN TO HELP YOURSELF WITH THAT FEELING

