

Use colored pens or markers to color the feelings thermometer. Choose different colors to show your range of feelings from calm to really angry. On the lines, write down coping skills you could use with each level of emotion

The thermometer is a vertical scale with a rounded top and a circular base. It is divided into five horizontal sections by four horizontal lines. To the right of each line is a rectangular box containing a description of the emotion level. To the left of the thermometer are five horizontal lines for writing coping skills.

Emotion Level	Coping Skills
I'm so mad I could explode!	
Something is making me angry.	
I'm frustrated or irritated.	
I'm a little bothered.	
I'm calm and cool!	