mooki WELLBEING

10-minute activity

Feelings Thermometer

How big is my feeling?

Name _____ Date _____

	1 MY BODY FEELS...	2 WHAT HELPS ME
5 Exploding		
4 Really upset		
3 Wobbly		
2 A bit bothered		
1 Calm		

FOR THE GROWN-UP

At a calm time, read the 5 levels together. Ask: "What does your body feel like at each level?" Write the child's own ideas for what helps at each level.

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