

Emotions thermometer

Metacognitive skill targeted: emotion monitoring

When to use it

Use the emotion thermometer whenever you feel strong emotions or just the need to evaluate how you feel.

What you'll do

Draw a cross with an erasable marker on the thermometer to indicate how you feel.

What you need

- The emotions thermometer completed with your tips
- A sheet protector
- An erasable marker

How to use it

1. On the lines, write different tips that help you calm down when you feel strong emotions (anger, sadness, frustration...).
 - a. For instance: "When I'm sad, I write or draw in my notebook how I feel."
 - b. For instance: "When I'm angry, I count slowly to 10 and squeeze my hands, then let go."
2. Ask your teacher to laminate the sheet or put it under a sheet protector, so that you can reuse it whenever you need.
3. You can use it every day, at the beginning and the end of the school day. It helps you understand how you are feeling.
4. But you can also use it whenever you feel a strong emotion that you cannot control (anger, sadness, frustration...). You can look at the tips you wrote to help you cope with your feelings.
5. You just need to put a cross on the thermometer to identify how you feel.

Tips for reuse

- It's a good thing to do it every day. You can compare how you feel in the morning and how you feel in the evening.
Then, ask yourself: "What made me feel that way?" "What can I do to change this feeling?" "What can I do to keep this good sensation?"
- Complete the template for a week at the end of each school day. You can keep the templates in a folder as a diary. Then, compare the thermometers at the end of the week and find common motifs.
- You can discuss with your teacher about how you felt during the week. They can help you find alternative tools or more effective ones if you prefer another method

Today, I feel...

What helps me...

Rage, I lost control

I need to kick
things, shout

Frustrated

Restless,
can't focus

Anxious, worried

Sad, negative,
lonely

Chilled, happy

Easy breathing,
calm


