

FEELINGS THERMOMETER

I am very upset &
not in control

5

Rate the strength
of your feeling

I am heating
up

4

Recognize physical
signs

I am upset, but in
control

3

Use calming
techniques

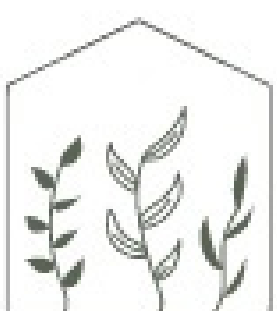
I feel
uncomfortable

2

Reflection

I feel calm

1



The Greenhouse