

FEELINGS

Thermometer

WORKSHEETS



Name: _____ Date: _____



MY ANXIOUS SIGNALS

Feeling anxious is like having butterflies in your stomach, but not in a fun way. It's when you're worried or uneasy about something that might happen.

RECOGNIZING WHEN I'M ANXIOUS

We all have little signs that tell us we're starting to get anxious. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling anxious?

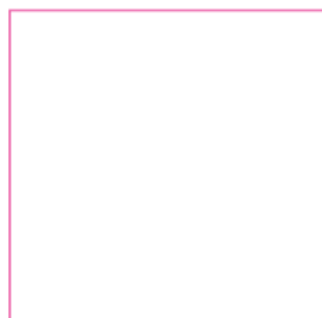
- ☐ My heart feels like it's racing or skipping beats.
- ☐ I have a knot or tight feeling in my stomach.
- ☐ My hands get sweaty or shaky.
- ☐ I can't stop thinking about what's worrying me.
- ☐ I have trouble sleeping or keep having bad dreams.
- ☐ I keep pacing or can't sit still.
- ☐ I avoid certain places, people, or things because they make me nervous.
- ☐ I bite my nails or fidget a lot.
- ☐ _____
- ☐ _____

DRAW YOUR ANXIOUS SELF

Draw a picture of yourself on a day you're feeling anxious.

Shade or color in where you feel anxious. Maybe your hands feel sweaty or your heart feels fluttery.

Around the outside, draw things that could make you feel anxious.



Name: _____



WHAT I LOVE ABOUT HAPPINESS

Happiness is a wonderful feeling that we all love to experience. Read that joy and make it last even longer. Embracing it is even better.

Here are some tools to enjoy and spread your happiness.

SHARE A JOKE OR SMILE WITH A FRIEND
Laughter and smiles are contagious!

DANCE OR SING YOUR FAVORITE SONG
Letting loose and being silly can boost your mood.

MAKE A LIST OF WHAT YOU'RE GRATEFUL FOR
Reflecting on the good things in life can keep you happy.

What are some other things you can do when you feel happy?

Draw a comic strip about a time you felt happy (it can be real or imagined) and making others happy too!

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INTRODUCTION

Welcome to the **Feelings Thermometer Worksheets**! This resource is your toolkit to help kids navigate the ever-changing world of emotions. Just like a thermometer measures temperature, our tool is designed to help children understand and express their feelings.

Every day, kids encounter situations that evoke myriad emotions. By using these worksheets, educators and parents can guide children in identifying, understanding, and managing these feelings, fostering resilience and emotional intelligence.

We've focused on seven key emotions: Angry, Overwhelmed, Anxious, Sad, Annoyed, Happy, and Calm. Each emotion has its dedicated worksheet.

For each emotion, we've provided two worksheets. The first worksheet helps students understand how to recognize signs and sensations that indicate they're experiencing that particular emotion. The second worksheet covers coping skills, helping kids learn practical tools and strategies for handling each emotion in a positive way.

Here are some ways you can use these worksheets with kids of all ages:



Morning Emotion Check-ins: Start the school day by having students complete a specific worksheet, identifying the emotion they're feeling most strongly that morning and discussing the recognition checklist.



Literature Connection: While covering a story or novel in class, ask students to use the worksheets to identify and discuss emotions the characters might be experiencing. This can aid in character studies and deepen textual understanding.



Art Integration: After exploring an emotion via its worksheet, direct an art session where students can elaborate on the "Draw Your [Emotion] Self" section, potentially crafting a larger project or mural.



Social Studies Tie-In: When studying historical events or cultural practices, ask students to use the worksheets to hypothesize the emotions people might have felt during those times. How would they cope using the strategies provided?

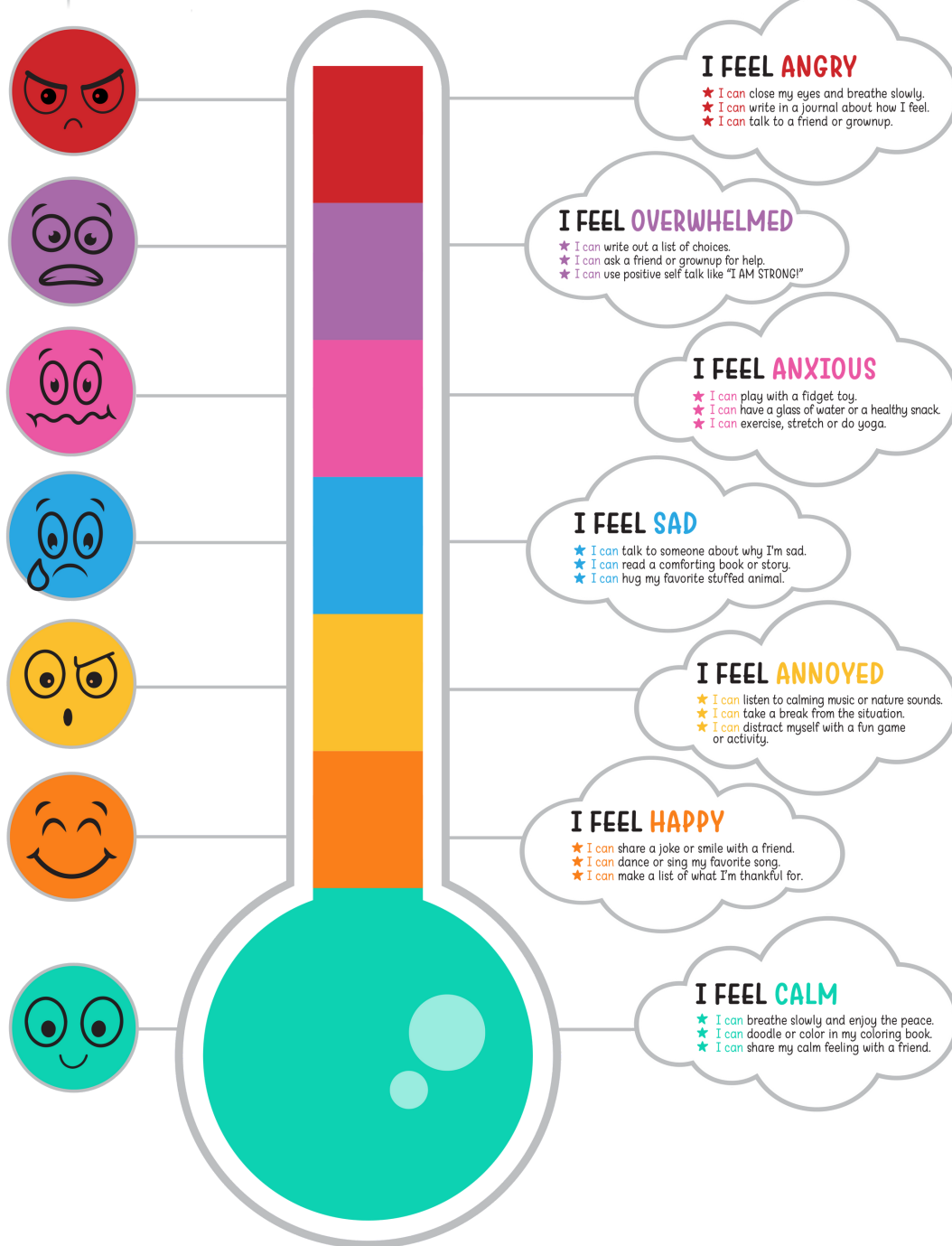


Weekly Reflection Sessions: Dedicate a session at week's end to revisit the worksheets. Facilitate a discussion where students share moments they felt each of the seven emotions and how they applied the coping tools in real-life scenarios.

Arming our kids with the tools to navigate their emotional landscape is a priceless gift. Dive into the **Feelings Thermometer Worksheets** and watch the transformation unfold.

FEELINGS

Thermometer



Name: _____

Date: _____



MY ANGER SIGNALS

Anger is a strong feeling we get when something isn't right or fair to us. It's like a storm inside, making us want to yell or react strongly.

RECOGNIZING WHEN I'M ANGRY

We all have little signs that tell us we're starting to get angry. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling angry?

- ☐ My face gets hot or turn red.
- ☐ My heart beats faster or feels like it's racing.
- ☐ I clench my fists or tighten my jaw.
- ☐ My stomach feels like it's in knots.
- ☐ I want to shout or scream.
- ☐ My breathing becomes quicker.
- ☐ I have a hard time thinking.
- ☐ I can't stay still or calm down.
- ☐ I feel a strong urge to argue or talk back.
- ☐ My head starts to hurt.
- ☐ _____
- ☐ _____

DRAW YOUR ANGRY SELF

Draw a picture of yourself on a day you're feeling angry.

Shade or color in where you feel the anger. It could be a hot face, a tight chest, or even wiggly legs.

Around the outside, draw things that could make you feel angry.

Name: _____

Date: _____



WHAT TO DO WHEN I'M ANGRY

We all feel angry sometimes, and that's okay! What's important is how we handle that anger. Instead of letting it take over, we can use special tools or techniques to cope. This means finding ways to calm down, think clearly, and make good choices, even when we're upset.

Here are some coping tools you can try when you feel angry.



CLOSE YOUR EYES AND BREATHE SLOWLY

Taking deep breaths helps to cool down the storm inside.



WRITE IN A JOURNAL ABOUT HOW YOU FEEL

Sometimes, getting our feelings out on paper helps us understand and control them better.



TALK TO A FRIEND OR GROWNUP

Sharing our feelings can make us feel heard and understood, and they might even have some good advice!

What are some other coping tools that can help you calm down when you're angry?

Draw a comic strip about a time you felt angry (it can be real or made up). Show yourself using your favorite coping tool to calm down.

Name: _____

Date: _____



MY OVERWHELMED SIGNALS

Being overwhelmed is when you feel like you have too much to handle all at once. It's like trying to carry a big stack of books that's about to topple over or feeling like you're juggling too many things in the air.

RECOGNIZING WHEN I'M OVERWHELMED

DRAW YOUR OVERWHELMED SELF

We all have little signs that tell us we're starting to get overwhelmed. These might be physical changes in our body or the way we're thinking.

Draw a picture of yourself on a day you're feeling overwhelmed.

Shade or color in where you feel overwhelmed. It could be a weight on your shoulders, or a dizzy brain.

Which signs do you notice when you're feeling overwhelmed?

Around the outside, draw things that could make you feel overwhelmed.

- ☐ I can't decide where to start.
- ☐ My thoughts are all jumbled up.
- ☐ It feels like there's a huge weight on my shoulders.
- ☐ I want to escape or hide from everything.
- ☐ I keep forgetting stuff or get sidetracked.
- ☐ I feel drained, even if I haven't done much.
- ☐ I feel like breaking down or get very moody.
- ☐ _____
- ☐ _____

Name: _____

Date: _____



WHAT TO DO WHEN I'M OVERWHELMED

We all feel overwhelmed sometimes, and that's okay! What's important is how we handle those feelings. Instead of getting lost in them, we can use some cool tricks and techniques to cope. This means finding ways to relax, organize our thoughts, and make the best decisions, even when things seem too much.

Here are some coping tools you can try when you feel overwhelmed.



WRITE OUT A LIST OF CHOICES

Listing things out can make them seem less scary and more doable.



ASK A FRIEND OR GROWNUP FOR HELP

Getting a different perspective or just a helping hand can make a world of difference.



USE POSITIVE SELF TALK LIKE "I AM STRONG!"

Remind yourself of your strength and abilities, and you'll find a boost of confidence.

What are some other coping tools that can help when you feel overwhelmed?

Draw a comic strip about a time you felt overwhelmed (it can be real or made up). Show yourself using your favorite coping tool to calm down.



Name: _____

Date: _____



MY ANXIOUS SIGNALS

Feeling anxious is like having butterflies in your stomach, but not in a fun way. It's when you're worried or uneasy about something that might happen.

RECOGNIZING WHEN I'M ANXIOUS

We all have little signs that tell us we're starting to get anxious. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling anxious?

- ☐ My heart feels like it's racing or skipping beats.
- ☐ I have a knot or tight feeling in my stomach.
- ☐ My hands get sweaty or shaky.
- ☐ I can't stop thinking about what's worrying me.
- ☐ I have trouble sleeping or keep having bad dreams.
- ☐ I keep pacing or can't sit still.
- ☐ I avoid certain places, people, or things because they make me nervous.
- ☐ I bite my nails or fidget a lot.
- ☐ _____
- ☐ _____

DRAW YOUR ANXIOUS SELF

Draw a picture of yourself on a day you're feeling anxious.

Shade or color in where you feel anxious. Maybe your hands feel sweaty or your heart feels fluttery.

Around the outside, draw things that could make you feel anxious.

Name: _____

Date: _____



WHAT TO DO WHEN I'M ANXIOUS

Everyone feels anxious now and then, and that's completely normal! The key is to understand how to manage those jittery feelings. Instead of letting them spiral, we can use certain techniques to calm our nerves. This means finding ways to feel more relaxed, being in the present moment, and making thoughtful decisions even when we're worried.

Here are some coping tools you can try when you feel anxious.



PLAY WITH A FIDGET TOY

Keeping your hands busy can help distract your mind from the worries.



HAVE A GLASS OF WATER OR A HEALTHY SNACK

Sometimes, a little nourishment can help ground us and make us feel better.



EXERCISE, STRETCH OR DO YOGA

These activities can help release the built-up tension in our bodies.

What are some other coping tools that can help when you feel anxious?

Draw a comic strip about a time you felt anxious (it can be real or made up). Show yourself using your favorite coping tool to calm down.

Name: _____

Date: _____



MY SADNESS SIGNALS

Feeling sad is like having a rain cloud inside you. It's when you feel down or upset about something, and the world seems a little grayer.

RECOGNIZING WHEN I'M SAD

We all have little signs that tell us we're starting to get sad. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling sad?

- ☐ My eyes might tear up or I feel like crying.
- ☐ I don't feel like doing things I usually enjoy.
- ☐ My energy feels low, and I want to stay in bed.
- ☐ I don't feel like talking to people.
- ☐ I don't feel like eating.
- ☐ Things that are usually funny don't make me laugh.
- ☐ I feel alone, even if there are people around.
- ☐ I keep thinking about what made me upset.
- ☐ _____
- ☐ _____

DRAW YOUR SAD SELF

Draw a picture of yourself on a day you're feeling sad.

Shade or color in where you feel the sadness the most. Maybe your chest feels heavy, or your eyes feel watery.

Around the outside, draw things that could make you feel sad.

Name: _____

Date: _____



WHAT TO DO WHEN I'M SAD

It's natural for everyone to feel sad sometimes, and it's okay to let that emotion in. The important thing is how we deal with sadness. Instead of keeping it all inside, we can find ways to express and understand our feelings, helping our hearts heal and find happiness again.

Here are some coping tools you can try when you feel sad.



TALK TO SOMEONE ABOUT WHY YOU'RE SAD

Sharing can make the weight of sadness feel lighter.



READ A COMFORTING BOOK OR STORY

Stories can be like friends, making us feel understood and less alone.



HUG YOUR FAVORITE STUFFED ANIMAL

Sometimes, a warm hug, even from a plush buddy, can help.

What are some other coping tools that can help when you feel sad?

Draw a comic strip about a time you felt sad (it can be real or made up). Show yourself using your favorite coping tool to calm down.

Name: _____

Date: _____



MY ANNOYED SIGNALS

Feeling annoyed is like having a tiny itch you just can't scratch. It's when something or someone bugs you, and you wish it would just stop.

RECOGNIZING WHEN I'M ANNOYED

We all have little signs that tell us we're starting to get annoyed. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling annoyed?

- ☐ I roll my eyes or sigh a lot.
- ☐ I snap or respond sharply to people.
- ☐ My voice gets louder or sounds irritated.
- ☐ I feel restless or agitated.
- ☐ I want to avoid the person or thing that's bugging me.
- ☐ My face might scrunch up, especially my eyebrows.
- ☐ I get a little impatient and don't want to wait.
- ☐ I cross my arms or tap my foot impatiently.
- ☐ _____
- ☐ _____

DRAW YOUR ANNOYED SELF

Draw a picture of yourself on a day you're feeling annoyed.

Inside your drawing, shade or color where you feel the irritation the most. Maybe your face feels hot, or your hands are clenched.

Around the outside, draw things that could make you feel annoyed.

Name: _____

Date: _____



WHAT TO DO WHEN I'M ANNOYED

We all get annoyed from time to time, and that's perfectly okay! It's all about how we handle that feeling. Instead of letting the annoyance grow bigger, we can find ways to cool down and get our calm vibes back.

Here are some coping tools you can try when you feel annoyed.



LISTEN TO CALMING MUSIC OR NATURE SOUNDS

Sometimes, soothing sounds can wash away the annoyance.



TAKE A BREAK FROM THE SITUATION

Stepping away can give you a fresh perspective when you come back.



DISTRACT YOURSELF WITH A FUN GAME OR ACTIVITY

Engaging in something fun can make you forget about what was bugging you.

What are some other coping tools that can help when you feel annoyed?

Draw a comic strip about a time you felt annoyed (it can be real or made up). Show yourself using your favorite coping tool to calm down.

Name: _____

Date: _____



MY HAPPY SIGNALS

Feeling happy is like having sunshine in your heart. It's when everything feels right, and you can't help but smile and laugh.

RECOGNIZING WHEN I'M HAPPY

We all have little signs that tell us when we're feeling happy. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling happy?

- ☐ I can't stop smiling or laughing.
- ☐ My heart feels light and bubbly.
- ☐ I want to share my good mood with others.
- ☐ I have a lot of energy and want to dance or jump around.
- ☐ My body feels relaxed and comfortable.
- ☐ I'm eager to try new things or activities.
- ☐ I sing or hum my favorite tunes.
- ☐ I look forward to what the day will bring.
- ☐ _____
- ☐ _____
- ☐ _____

DRAW YOUR HAPPY SELF

Draw a picture of yourself on a day you're feeling happy.

Inside your drawing, shade or color where the happiness shines the most. Maybe your cheeks feel warm, or your eyes sparkle.

Around the outside, draw things that could make you feel happy.

Name: _____

Date: _____



WHAT TO DO WHEN I'M HAPPY

Happiness is a wonderful feeling that we all love to experience. When we're happy, it's a great time to spread that joy and make it last even longer. Embracing and sharing our happiness helps us and others feel even better.

Here are some tools to enjoy and spread your happiness.



SHARE A JOKE OR SMILE WITH A FRIEND

Laughter and smiles are contagious!



DANCE OR SING YOUR FAVORITE SONG

Letting loose and being silly can boost your happiness even more.



MAKE A LIST OF WHAT YOU'RE THANKFUL FOR

Reflecting on the good things in life can keep the happy vibes flowing.

What are some other things you can do when you feel happy?

Draw a comic strip about a time you felt happy (it can be real or made up). Show yourself spreading the positive vibes and making others happy too!

Name: _____

Date: _____



MY CALM SIGNALS

Feeling calm is like being on a quiet lake with no ripples. Everything feels peaceful, and your mind is clear and still.

RECOGNIZING WHEN I'M CALM

We all have little signs that tell us when we're feeling calm. These might be physical changes in our body or the way we're thinking.

Which signs do you notice when you're feeling calm?

- ☐ My breathing is slow and steady.
- ☐ My thoughts are clear, not jumbled up.
- ☐ My body feels relaxed, not tense.
- ☐ I don't feel in a rush or hurry.
- ☐ My voice is soft and even.
- ☐ I listen more and speak less.
- ☐ I can focus easily on tasks or conversations.
- ☐ I feel content, not wanting or needing more.
- ☐ I appreciate the moment I'm in.
- ☐ _____
- ☐ _____

DRAW YOUR CALM SELF

Draw a picture of yourself in a calm moment.

Inside your drawing, shade or color where you feel the calmness the most. Maybe your shoulders feel relaxed or your mind feels peaceful.

Around the outside, draw things that could make you feel calm.

Name: _____

Date: _____



WHAT TO DO WHEN I'M CALM

Being calm helps us think clearly and make great decisions. When we're calm, it's also a beautiful opportunity to spread this peaceful feeling to others and enjoy the tranquility around us.

Here are some ways to deepen and share your calmness.



BREATHE SLOWLY AND ENJOY THE PEACE

Deep breaths can help keep you centered and calm.



DOODLE OR COLOR IN YOUR COLORING BOOK

It's a peaceful activity that keeps you in the present moment.

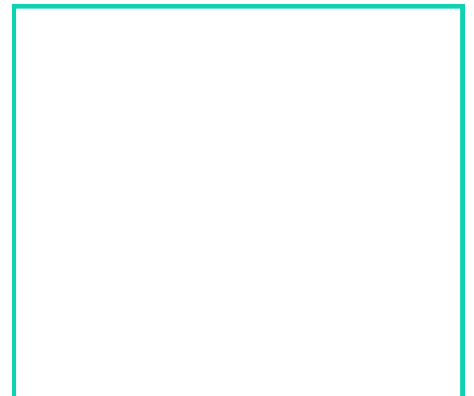
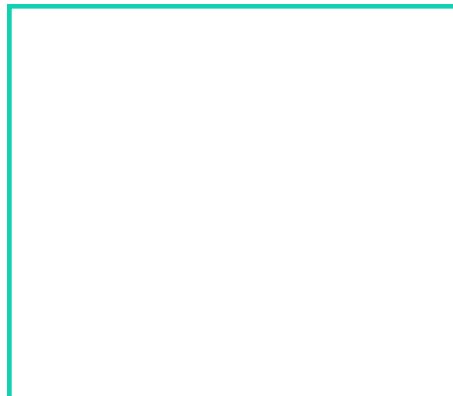
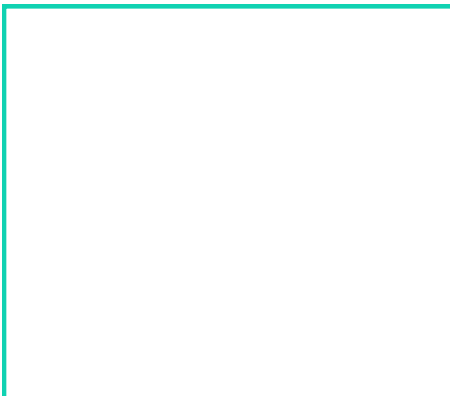


SHARE YOUR CALM FEELING WITH A FRIEND

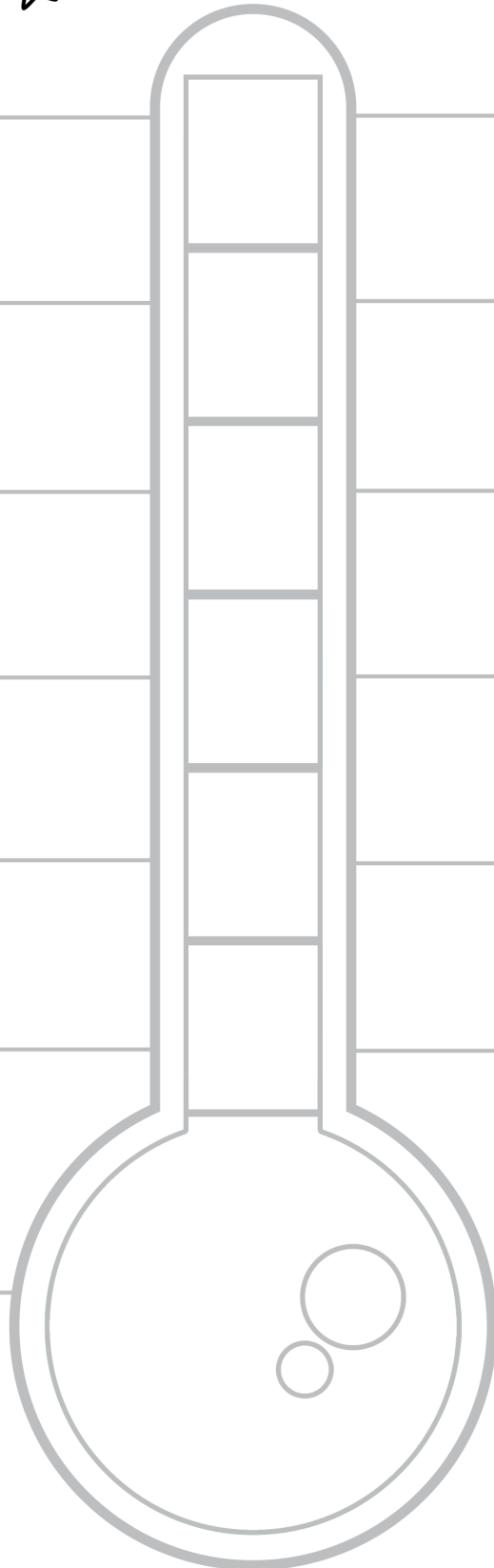
Maybe they need a moment of peace too, and you can be their calm anchor.

What are some other things you can do when you feel calm?

Draw a comic strip about a time you felt calm (it can be real or made up). Show yourself spreading the peaceful vibes or enjoying the calm feeling alone.



FEELINGS Thermometer



I FEEL
★ I can _____

I FEEL
★ I can _____

I FEEL
★ I can _____

I FEEL
★ I can _____

I FEEL
★ I can _____

I FEEL
★ I can _____

I FEEL
★ I can _____