

## **My Feelings Visual Support**

The following pages were created for use in a small (8"x6") ring binder. Print out each page, except for the last page of icons, and laminate. Punch holes as needed and insert them into the binder.

Cut out each icon, laminate, and cut them out, leaving an edge of lamination around each icon. Use Velcro in the binder and on the back of each icon to attach them.

Teach feelings one at a time. After the child can identify the feeling, add the icon to the book by using Velcro dots or strips. Use the book to tell or ask the child how they are feeling often.

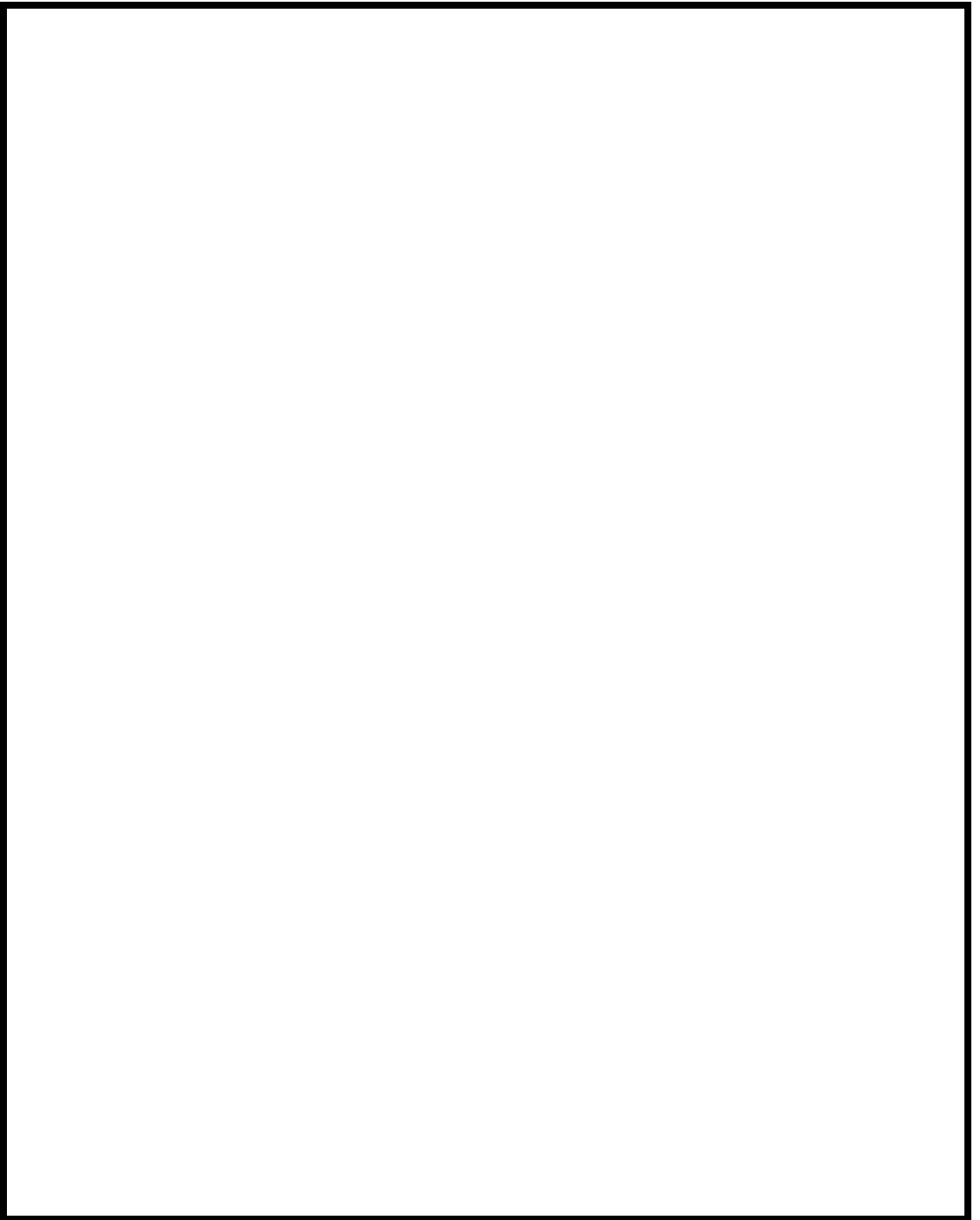
**MY FEELINGS**

I

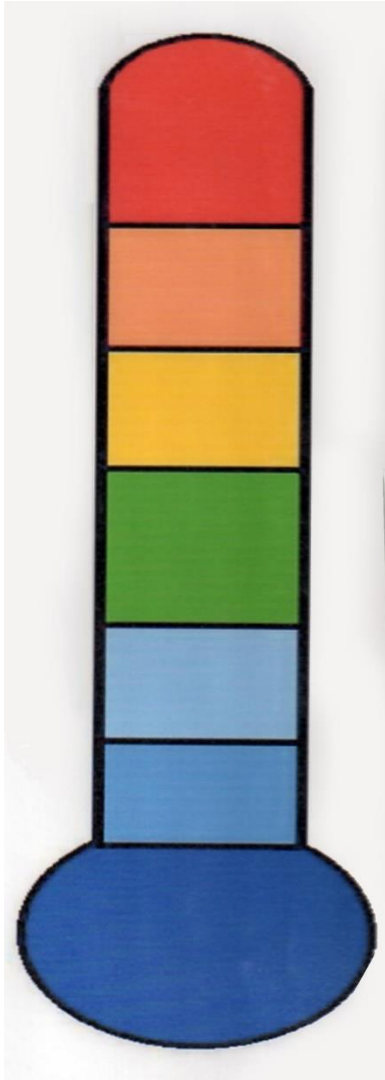


feel





# My Feelings Thermometer



## **Thermometer key:**

- **RED = Mad, Scared**
- **YELLOW = Frustrated, Worried, Excited**
- **GREEN = Happy, Calm**
- **BLUE = Sad, Sick, Tired**

## **To calm down you can:**

- **Squeeze a ball**
- **Take a walk**
- **Take a deep breath**
- **Stress press**
- **Draw or color a picture**
- **Go to cool down area**

