

Feelings Thermometer

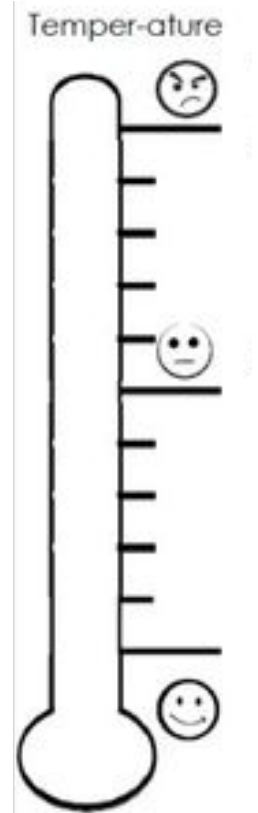
Helping young children recognize and express their emotions is an important part of building healthy habits. Activities like the Feelings Thermometer encourage emotional awareness, self-regulation, and communication skills. By learning to identify feelings, children develop empathy and problem-solving skills.

What you need:

- Cardstock to make your own thermometer
- Crayons, markers, or colored pencils
- Adults only, cut and create a small movable arrow out of black construction paper/card stock (cut out)
- Paper clips to attach the arrow

What to do:

1. Draw a large thermometer on paper or cardstock. Divide it into sections labeled with simple feelings and have children colour in the sections, for example:
 - Cold/Blue: Sad, Tired, Angry
 - Warm/Yellow: Calm, Happy, Excited
 - Hot/Red: Very Excited, Frustrated
2. Explain that the thermometer shows how our feelings can “heat up” or “cool down.” Talk about examples of situations that might make us feel cold, warm, or hot.
3. Ask children to point to the feeling that matches how they feel at the moment. Encourage them to explain why they feel that way using simple words.
4. Children can move the arrow up and down the thermometer as their feelings change during the day.
5. Talk about strategies to move from “hot” or uncomfortable feelings to “warm” or calm feelings, such as taking deep breaths, asking for help, or doing a quiet activity.



Activity Extension

Storytime Thermometer: Read a short story and pause at moments where characters feel different emotions. Ask children to move the arrow to show how the character might be feeling.

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