EMOTIONAL THERMOMETER

Feelings Check-In Scale 1-5 · Poster · Desk Strips · Grades PreK-5

FILLABLE

1-5 SCALE





Bright Path Sped

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One classroom license

- This file is for one classroom: one teacher, one group of students.
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This is a fillable PDF

- Open it in a PDF reader (Adobe Acrobat Reader, Preview, or your browser), click into a name, a box or a line, type, and Save As.
- Every name, date, box and line on the student pages is a type-in field. You can also print a page and write or color by hand.
- It works offline. No account, no subscription, no internet connection needed after you download it.

Student names stay private

These pages can hold your students' names and feelings. Keep the file and any printouts with your own records, and follow your school's rules for who may see them. The students in the examples are invented.

A note on how to use these pages

These pages help children name how big a feeling is and pick a calm choice they already know. Your school's own rules and your own judgment come first.

Need help?

If a page will not print or fill the way you expect, use Ask a Question on the product page before leaving a review.

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PREVIEW

How to Use the Emotional Thermometer

Five steps and four tips.

Five steps

1. Print the poster (page 5) or the black-and-white poster (page 6). Hang it where students can see it.
2. Say the 5 level names together: calm, a little off, upset, very upset, overwhelmed. Point to each color.
3. Hand each student page 8. They write what each number looks and feels like for them.
4. Next, page 10. They write what they could choose to do at each number, using page 13 for ideas.
5. Cut apart the check-in cards (page 18) and desk strips (page 19) so each student can check in with a number.

Tips

- Any number is a fine answer. Nobody is in trouble for telling you a number.
- A big feeling is not always a bad one. A 4 can be a very big excited feeling too.
- Add your own words. The level names are a start, and the blank scales (pages 20 to 23) let you write your own.
- Write your school's own rule on page 25. This file does not choose it for you.

Typing and printing

- Open the file in a PDF reader, click a box and type. Save As to keep your names.
- To print a blank copy for each student, print before you type.

My notes

PREVIEW

HOW BIG IS MY FEELING?

Find my number on the thermometer.

5

4

3

2

1

Overwhelmed

It is too big to handle alone.



Very upset

My feeling is very big.



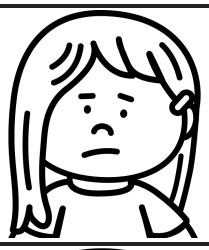
Upset

My feeling is getting big.



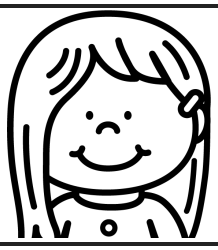
A little off

Something is bugging me.



Calm

I feel okay.



Check my number.
Pick a calm choice.

PREVIEW

My Feeling Numbers

My name _____

Fill in your thermometer.

5
Overwhelmed



My body feels

I say or do

4
Very upset



My body feels

I say or do

3
Upset



My body feels

I say or do

2
A little off



My body feels

I say or do

1
Calm



My body feels

I say or do

PREVIEW

My Calm Choice Plan

My name _____

Write a calm choice for each number.

2 At 2, I feel a little off. I will

3 At 3, I feel upset. I will

4 At 4, I feel very upset. I will

5 At 5, I feel overwhelmed. I will

PREVIEW

My Feeling Words

My name _____

Write a number from 1 to 5 for each word.

Feeling word	Number	Feeling word	Number
calm		lonely	
happy		mad	
sleepy		frustrated	
proud		scared	
silly		excited	
bored		upset	
worried			
nervous			
sad			

Two students can pick different numbers for the same word. Both are right.

PREVIEW

What Changes My Number

My name _____

Write the number from 1 to 5 for each one.

What changes my number	Number
A loud room	
Waiting my turn	
Hard work	
A surprise	
Losing a game	
A change in plan	
Someone is unkind to me	
Winning a game	

The one that changes it most _____

PREVIEW

My Number Today

Date Oct 14

My name Jay

Put an X on the number you felt.

When	What happened	1	2	3	4	5	What helped
Arrival	Bus was late	–	X	–	–	–	Took a breath
Math	Work was hard	–	–	X	–	–	Asked for help
Recess	Got picked first	–	X	–	–	–	Played
Lunch	Lunch was loud	–	–	X	–	–	Moved seats
Reading	Quiet book time	X	–	–	–	–	Kept reading
Gym	Lost my turn	–	–	–	X	–	Used my words
Pack up	Going home soon	–	X	–	–	–	Packed up

Number	1	2	3	4	5
How many X marks?	1	3	2	1	0

Example: Jay is an invented student. 7 entries: 1 + 3 + 2 + 1 + 0 = 7. Number 2 (a little off) came up most, 3 times.

PREVIEW

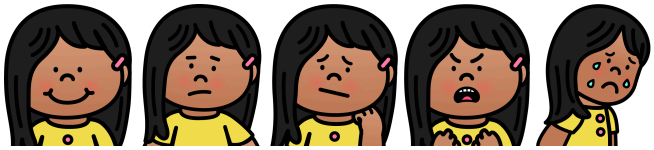
My Check-In Cards

My name _____

Cut apart your cards. Circle your number.

My name _____

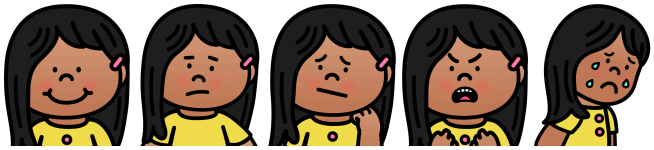
My number today



1 2 3 4 5

My name _____

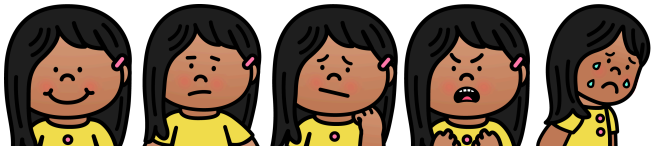
My number today



1 2 3 4 5

My name _____

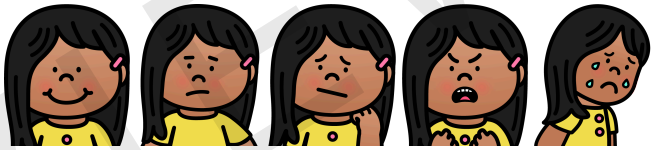
My number today



1 2 3 4 5

My name _____

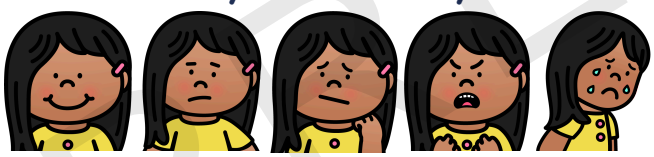
My number today



1 2 3 4 5

My name _____

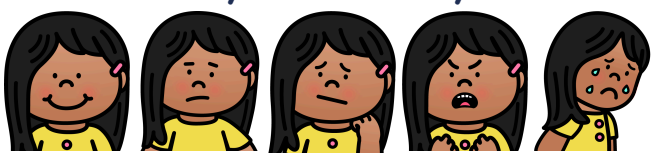
My number today



1 2 3 4 5

My name _____

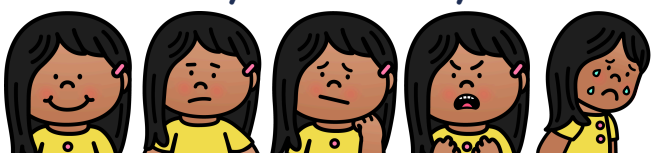
My number today



1 2 3 4 5

My name _____

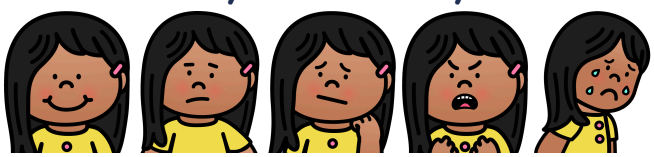
My number today



1 2 3 4 5

My name _____

My number today



1 2 3 4 5

PREVIEW

My Own Thermometer

My name _____ **Date** _____

Write your words for each number.

5

My word

What it feels like

4

My word

What it feels like

3

My word

What it feels like

2

My word

What it feels like

1

My word

What it feels like

PREVIEW

My Own 3 Level Scale

My name _____ **Date** _____

Write your words for small, medium and big.

3 Big

My word

What I do

2 Medium

My word

What I do

1 Small

My word

What I do

PREVIEW

Number Talk: Teacher and Student

A two-minute talk. Look at the thermometer or the log together, then write what you decide.

Student _____ Teacher _____ Date _____

When	Number	What happened	Calm choice we tried

8 sentence starters

What number are you at right now?

Show me on the thermometer.

What happened just before?

What does your body feel like?

Which calm choice could you try?

What will you try next time?

Let us look at your log together.

Thank you for telling me.

A calm choice we will try

When we will look again

PREVIEW

Helper Page: Using the Emotional Thermometer

For a paraprofessional, a substitute or a volunteer who works with a student.

Four steps

1. Find the student's thermometer page or desk strip. Ask the student to point to the number.
2. Say the number back in a calm voice: "You are at 3." Do not argue with the number.
3. Point to the student's own calm choice plan, or read it aloud together.
4. Write down the number and what happened on the log page. Leave a note for the teacher.

Where the thermometer pages are kept _____

Who to ask _____

What to do at number 5 (the teacher writes the school's own rule) _____

Notes for the teacher

What happened today

Helped by _____

Date _____

PREVIEW

Binder Cover and Spine

Type your class on it, print, and slide it into a clear binder pocket. The spine strip fits a one-inch binder.



EMOTIONAL THERMOMETER

Class

Teacher

School year

PREVIEW

SPINE

Class and year