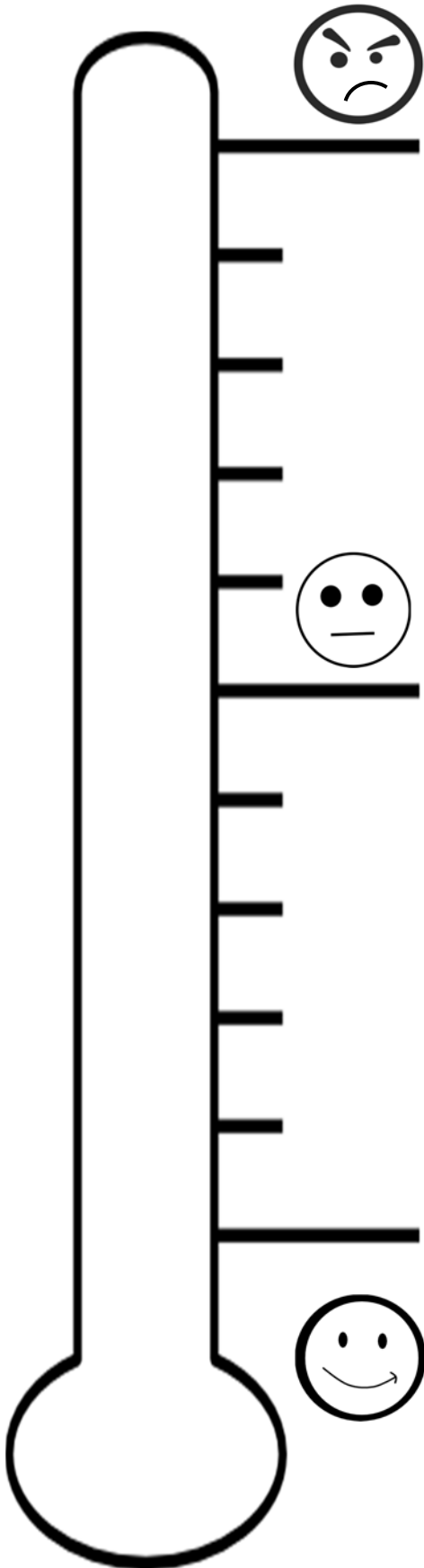


Feelings Thermometer



1. Shade the thermometer to show how you are feeling right now:

2. List 3 feeling words to indicate how you feel.

3. Identify 3 things you could do that would make you feel better.
