

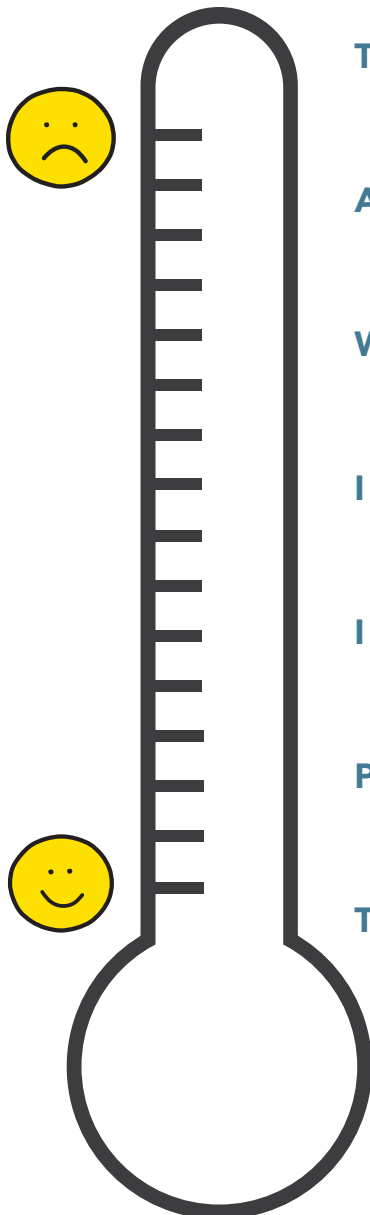
Emotion Thermometer



When you take your child to the pediatrician, one of the first things they do is check their temperature as a sign of illness or infection. For parents and providers alike, it's important to also check the child's emotional temperature as this impacts their overall wellness.

Children benefit from identifying their emotions and the feelings of others, in addition to discussing them and ways they can improve mood. To help build the child's emotion recognition and vocabulary, review the [Know Your Feelings & Emotions](#) poster. The Emotion Thermometer activity can be a useful tool in helping children learn to recognize, name, communicate and cope with strong feelings.

Use this activity to help children express and rate the intensity of their current emotions. Children may also color in the thermometer and explore ways to reduce their temperature when it's high (or keep it low) with the listed discussion prompts.



The emotion(s) I'm feeling right now are:

Activities that keep my emotional temperature low:

When my emotional temperature is high, I can:

I am strong because:

I am grateful for:

People who care about me are:

Things I'm hopeful for and look forward to in the future:

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