

FEELINGS THERMOMETER

How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you can control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity



Feeling Barometer For Children

VM Jensen



Feeling Barometer For Children:

Whispering the Techniques of Language: An Emotional Quest through **Feeling Barometer For Children**

In a digitally-driven world wherever monitors reign great and quick connection drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases frequently go unheard. Yet, set within the pages of **Feeling Barometer For Children** a captivating literary treasure sporting with raw emotions, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus encourages visitors on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the very material of each word. Within the emotional depths of this touching review, we shall embark upon a sincere exploration of the book's core subjects, dissect their fascinating writing type, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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