



My Feeling(s):



The Situation:

5



BIG

4



MEDIUM

3



SMALL

2



CALM

1

Feelings Thermometer

How My Body Feels
(Signs on Inside)

What Others See
(Signs on Outside)

Can't Think Straight

Dizzy or Faint

Headaches

Dry Mouth

Heart Beats Fast

Butterflies
in Stomach

Stomach
Pains

Shaky
Feeling

Urge to Go
to Washroom

Feeling
Hotter

Feeling
Colder

More
Energy

Tired

Tense Muscles

Breathe Faster

Facial
Expressions

Body
Language

Quiet

Withdrawn

Clenched Fists

Fidgety &
Restless

Flushed or Red Skin

Pale Skin

Furrowed Eyebrow

Eyes Open Wide

Tears or Crying

Sweaty Body
& Hands

Arms
Crossed

Shaky
Body

Frequent Breaks
to Washroom

Goosebumps

Hair on End

Wobbly
Knees

Feet
Stuck

Yell, Hit or Kick

Act Silly or Laugh