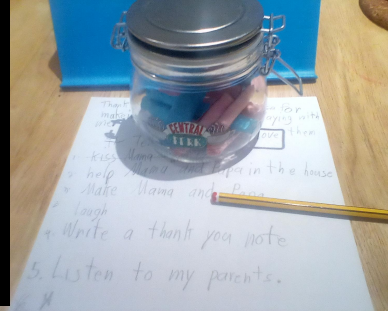
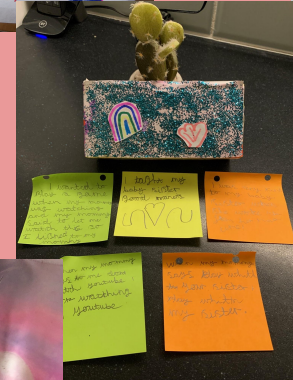
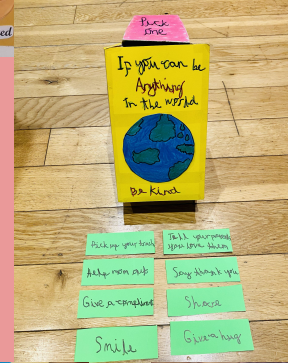
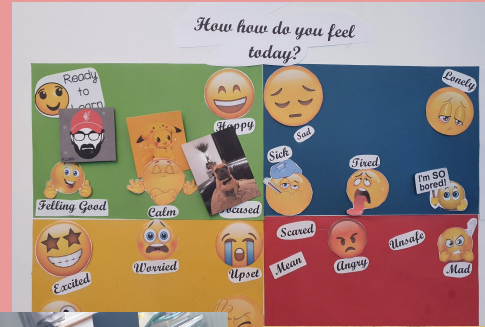


# Resilient Schools

## Week 3 W/B 25/1/21

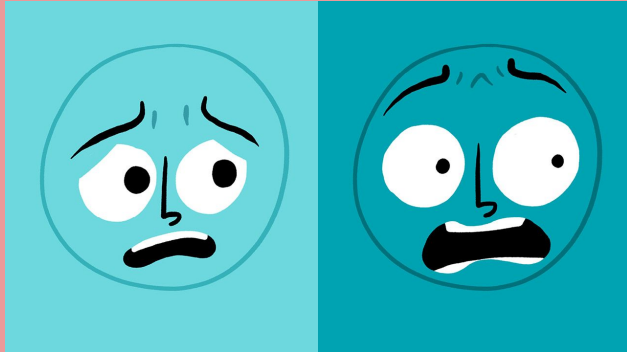


My feelings thermometer.



How big is my problem?

Sometimes it's ok to feel...



It's how we manage that feeling that's important.

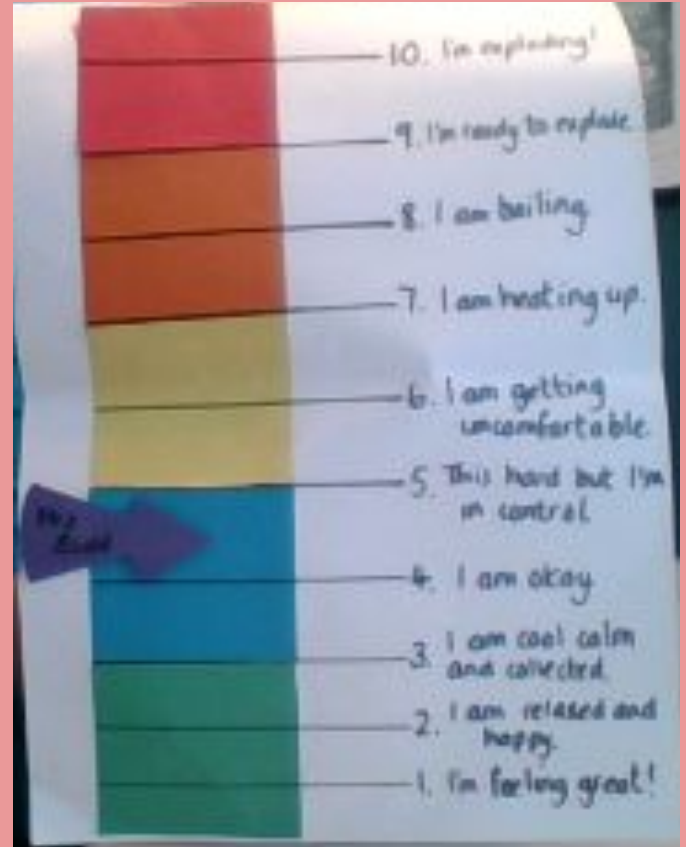
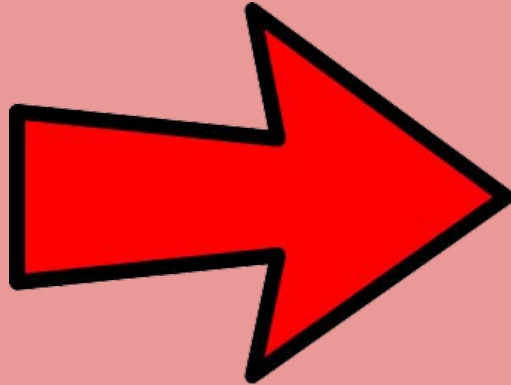
Watch my video  
that will explain  
our activity.





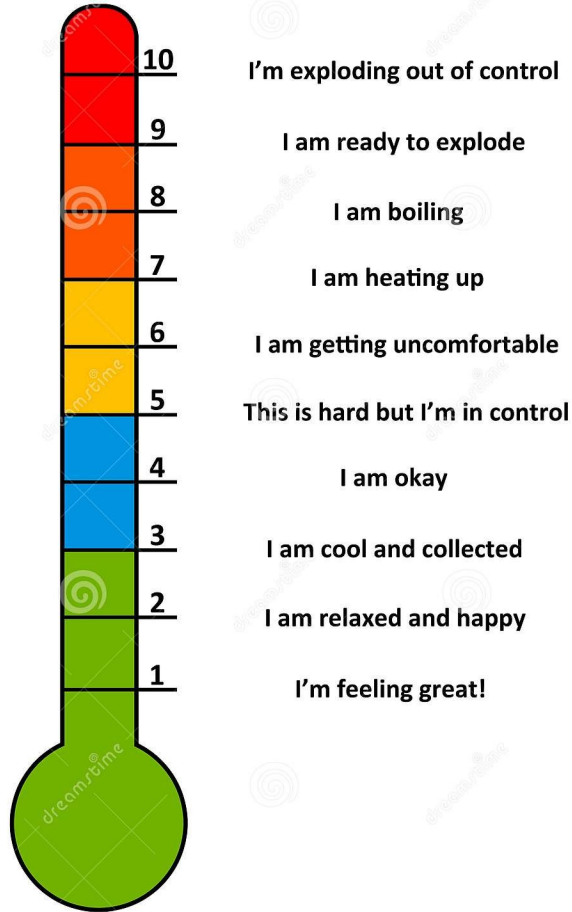


Here are the things you will need to make your feelings thermometer and arrow.



Here's mine.

## Feelings thermometer

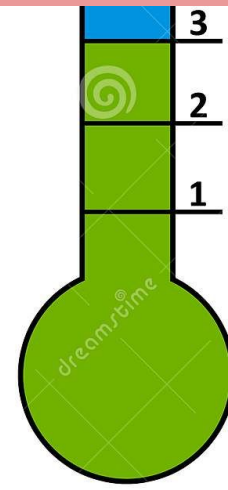


Let's have a look at each colour and number and find some ideas and strategies to help the situation.



Using some of the strategies will help you return to feeling happy and great again.

# If you find yourself feeling...



I am cool and collected

I am relaxed and happy

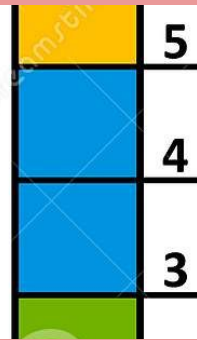
I'm feeling great!



If you're feeling good you are; ready to learn, help someone else or sing your favourite song.



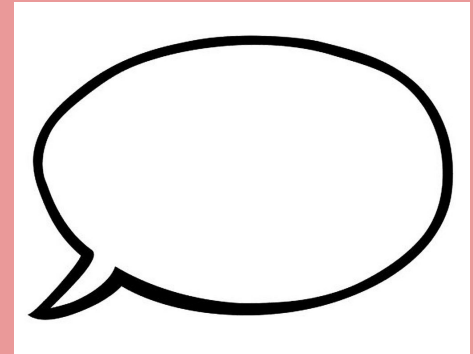
If you find  
yourself feeling...



This is hard but I'm in control

I am okay

I am cool and collected



If you're feeling ok but beginning to find something a bit tricky  
you could try; having a drink of water, having a big stretch or you  
talk to someone.

# If you find yourself feeling...

|  |   |
|--|---|
|  | 7 |
|  | 6 |
|  | 5 |
|  |   |

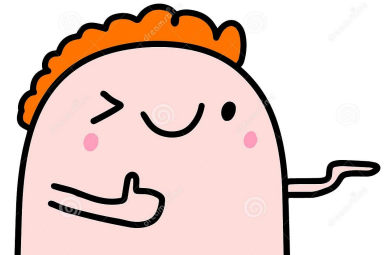
I am heating up

I am getting uncomfortable

This is hard but I'm in control



Take a deep  
breath and begin



If you're feeling like you're getting more uncomfortable you could try; counting to twenty, squeezing a ball, popping some bubble wrap or taking some deep breaths.

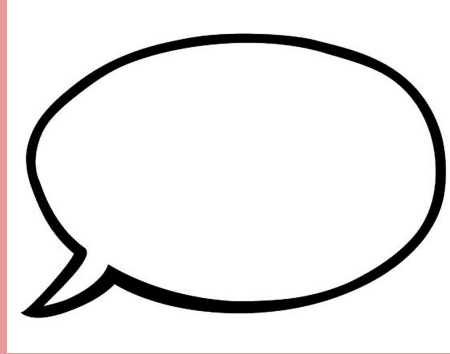
# If you find yourself feeling...



I am ready to explode

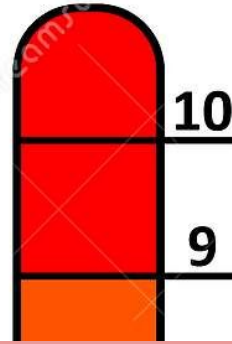
I am boiling

I am heating up



If you find yourself feeling more cross about something; take a break, take a deep breath, talk to someone about how you're feeling or read a book quietly.

If you find yourself feeling...



I'm exploding out of control

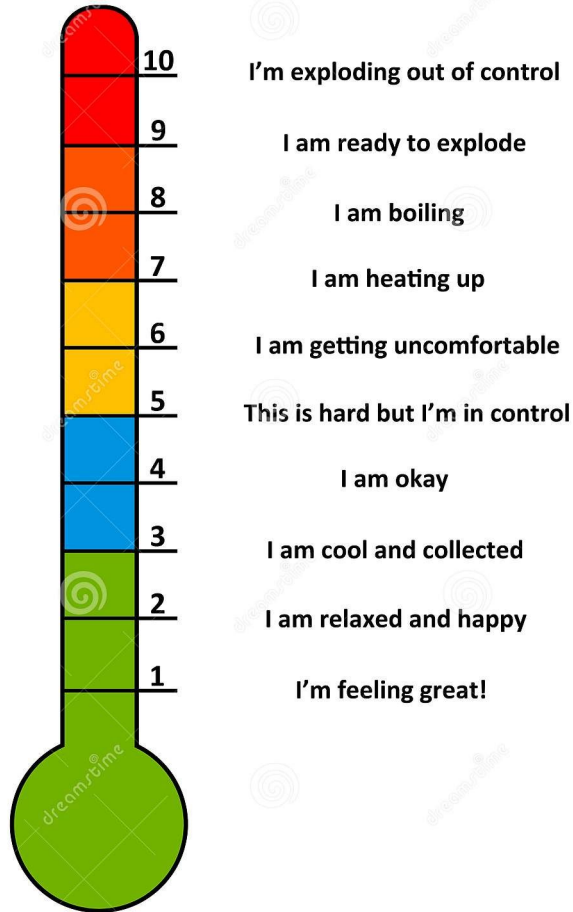
I am ready to explode



If you find yourself feeling like this you need to; stop, ask for help, walk away from it and take deep breaths or you could try some yoga.



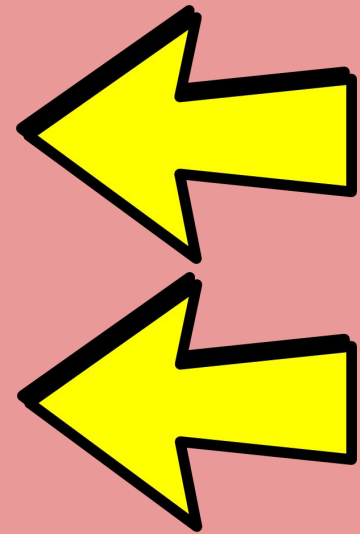
# Feelings thermometer



By using some of the strategies it may help you stop your feelings rising to the next stage of the feelings thermometer



When your strategy has helped to calm down or feel differently then move your name arrow back down to how you're feeling now.



If you think that you don't need a thermometer for getting angry you could make your own for another emotion; happy, excited or worried and anxious.



There are lots of other strategies you can try, I'm sure you'll come up with some great ideas!







Don't forget to share your fabulous ideas on the classroom or website.

