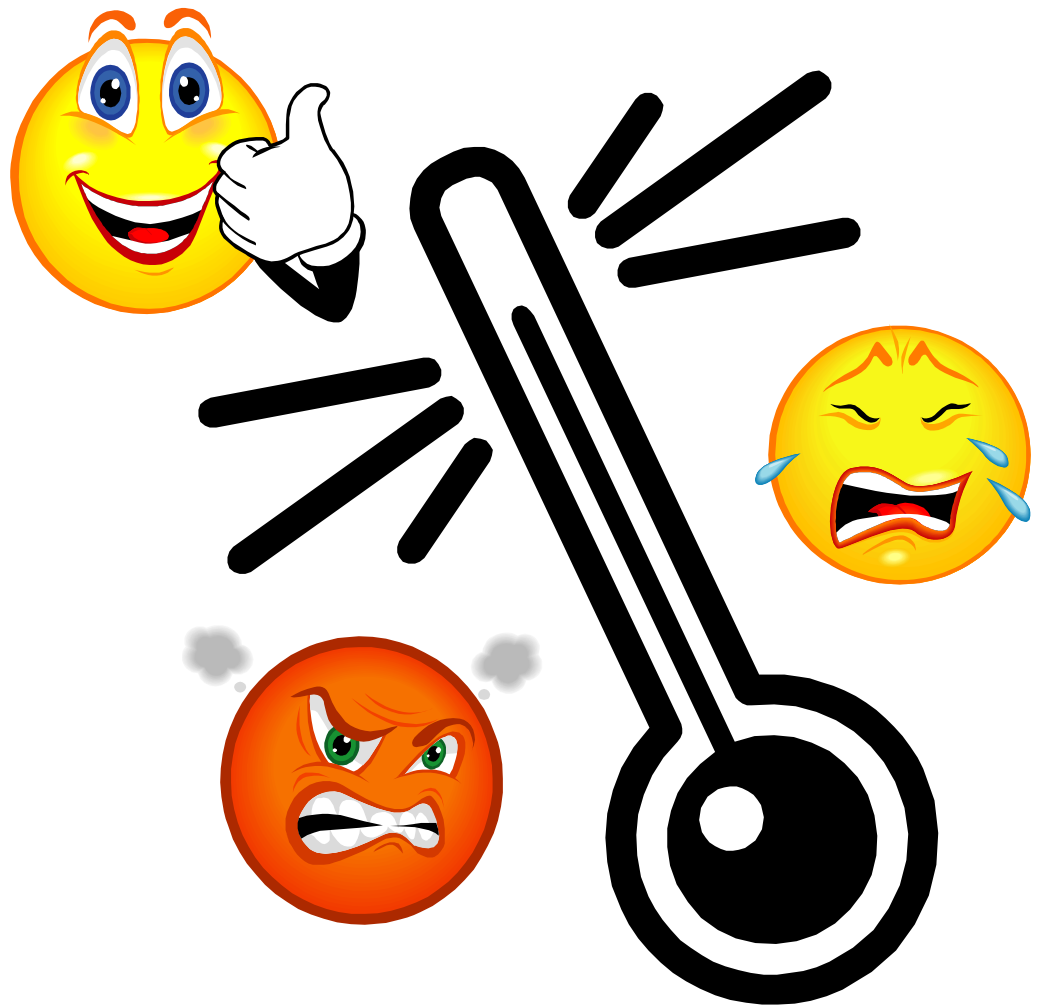


# My Emotional Thermometer

Visual support charts to assist with emotional regulation



By Lynn Hubbell



***My Emotional Thermometer*** was created to help teachers teach younger children to learn to recognize their own escalation cycle, an important step in developing emotional regulation skills. The idea that one's feelings can differ in intensity is an important concept for students to grasp in order to gain the skills necessary to manage their own behavior. Children who are able to recognize and label their emotions early in an escalation cycle are typically better able to regulate and self-manage their own behavior in the classroom.

Four separate charts are included in this resource, designed to create two, double-sided visual support cards. Once assembled these cards can be used to teach basic emotional literacy skills or as a visual prompt for addressing student behavior. For ease of use and durability it is recommended that the charts be printed on cardstock with sides A and B glued back to back and laminated.

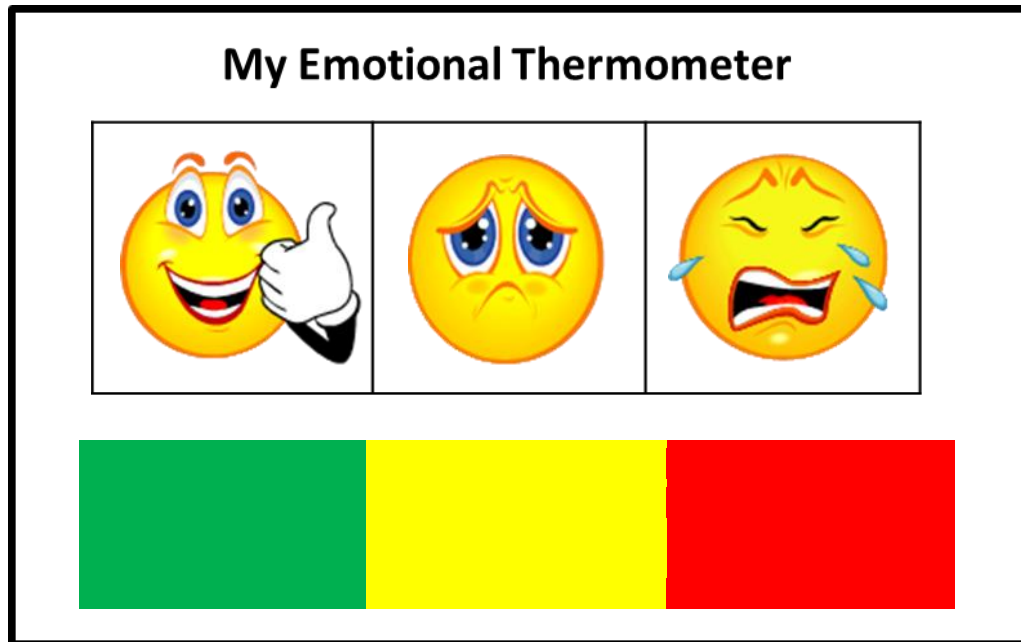
Set 1 consists of two charts which visually represent the degrees of emotional intensity one might experience when (A) sad or (B) mad. An array of emoticons depicting various feelings, as well as a 3 point color scale (represented as green, yellow and red) provides a point of reference for children so that they can begin to understand that the intensity of their feelings may vary from one experience to the next. Set 2 provides two charts which depict the escalation cycle using a 5 point color scale, which can help them further discriminate among a range of similar emotions.

There is no one right way to use **My Emotional Thermometer**. Initially it can serve as a teaching tool, to introduce emotional literacy concepts such as recognizing, labeling, and discriminating among a range of feelings. Providing opportunities for students to discuss the feelings depicted on these charts, to speculate on possible reasons for those feelings and to connect similar feelings to experiences in their own lives can help students refine their emotional literacy skills, leading to better behavior regulation.

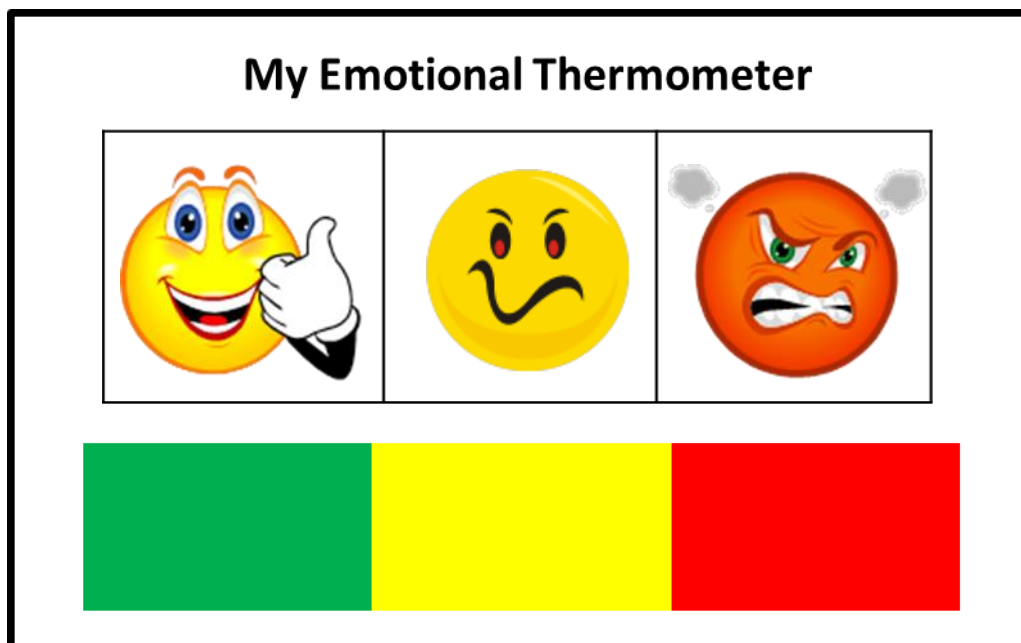
Once taught, this tool can be used in many different ways. It can be used to implement a regular check in with the child to support self- monitoring skills, to help prompt the child to implement calming strategies when he or she is beginning to escalate, or as a reference when providing feedback regarding a student's behavior.

This product correlates nicely with others available in my store: including; [Sometimes I Feel Green](#), a freebie which introduces the color scale in child friendly language; and, [My Calm Tools Keychain](#), which introduces and supports the concept of calming strategies. For older children, [Emotional Discrimination Charts: Visual Aids for Behavior Regulation](#), expands on the concept and [My Calm Tools: Stress Management Strategies for Older Children and Teens](#) presents age appropriate calming strategies, also utilizing the 5 point color scale.

## SET 1

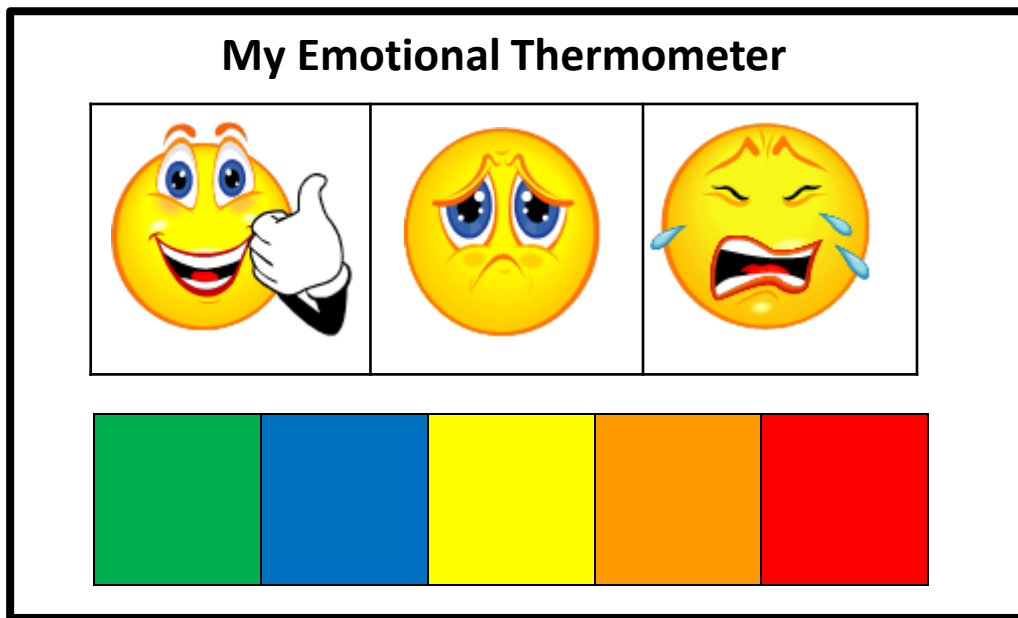


A

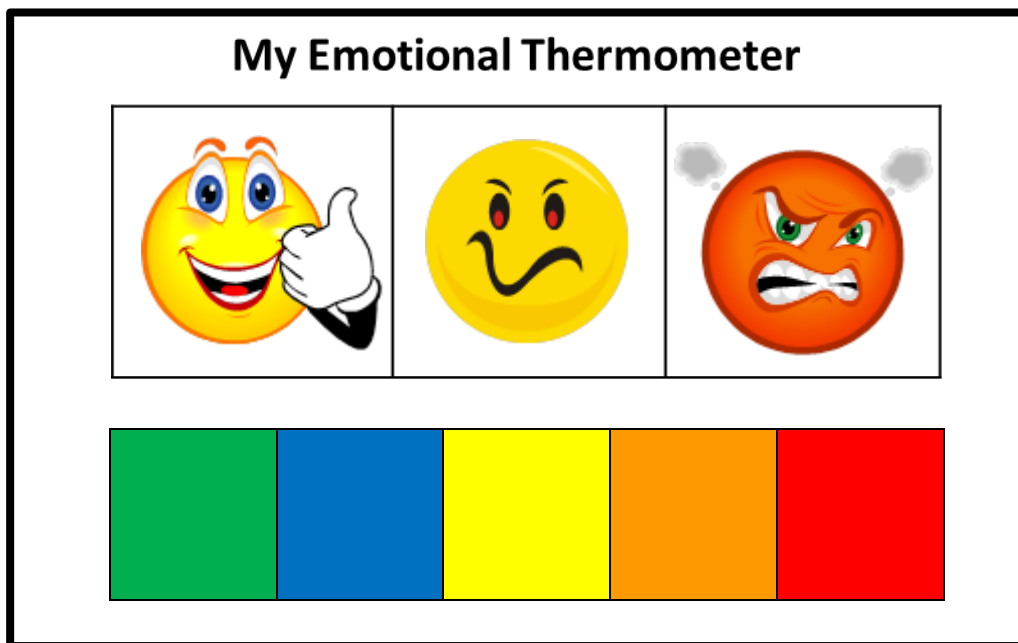


B

## SET 2



A



B



## About the Author:

I began teaching more than twenty-five years ago and have taught special and general education classes at both the elementary and secondary levels. Currently I serve as a special education program specialist in a public school district, providing consultation support to both special and general education teachers of students with special needs. As a consultant I spend much of my time assisting our teachers to implement positive behavior supports within their classrooms in order to meet the needs of all of their students, but particularly those who demonstrate significant social, emotional and behavioral challenges.

If you found this product helpful, please rate it at my store at ***Teachers Pay Teachers***, where you will find more products created to help elementary and secondary teachers teach expected school behaviors. These materials can be used as part of a plan to implement IEP goals or behavior support plans. They are ideal for special education students included in the mainstream, as well as any others who might need targeted instruction in these areas. Follow me to be notified when new products are posted.

Thank you for your interest in my product.

Lynn



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