Feelings thermometer

From 1 (calm) to 5 (too much). Fill it in together on a calm day.

Child _____

	Level	What it looks like what we see and hear	What helps what we do at this level
5	 **Too much** Our word:		
4	 **Very upset** Our word:		
3	 **Upset** Our word:		
2	 **A bit wobbly** Our word:		
1	 **Calm** Our word:		

Notice level 2 and 3 early. At 4 and 5: safety first, fewer words, more space.