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.