

Emotional Thermometer

<i>Feeling</i>		<i>Strategies</i>
Angry		Take a break; take deep breaths
Frustrated		Get a drink; use my calming box
Excited		Take a break
Anxious		Use my calming box
Sad		Use my words; use my calming box
Content		Use my words
Happy		Use my words

Based on *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (p 79), by Jessica Minahan and Nancy Rappaport, 2012, Cambridge: Harvard Education Press. Adapted from *Helping Students Overcome Depression and Anxiety: A Practical Guide*, by Kenneth W. Merrell, 2008, New York: Guilford Press. Used with permission.

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