



Feelings thermometer

Visual charts are a fantastic way to help children to communicate about their feelings. For people of any age, having a simple way to help us both reflect on and communicate about our feelings helps us to let people know what is happening inside for us, and by doing so helps us to get what we need from other people.

Overleaf, there is a visual thermometer designed to help you and your child to 'scale' their feelings. By scale, we mean quantify, and bring some descriptive words to what they are experiencing. This has two benefits – the first is in helping children to describe what is occurring for them, and by communicating it and having you understand them, helps them to feel that “someone gets me,” reducing the feelings that are associated with dysregulation.

To use the thermometer, simply put it up in a prominent place in the house, identified alongside your child.

You can also customise it by bringing adding words to the sheet, for example:

- red, yellow, green and blue (for each of the items), or
- angry, stressed, okay and calm, or
- 4, 3, 2 and 1.

When you see that your child is feeling upset, label the feeling with them, or even model labelling them in the way that you've identified as a family.

