

How Big Is My Feeling?

Use the thermometer to show how strong your feeling is.

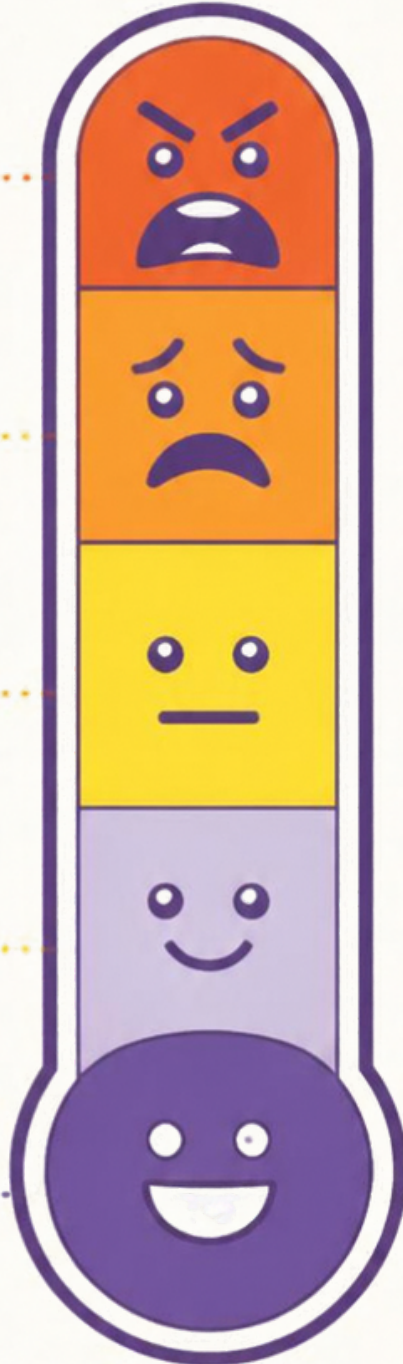
5 Huge

4 Big

3 Medium

2 Small

1 A little



My feeling is:

What happened?

What could help?

I notice it in my body:

I can ask for help from: