

Purpose

Helping the child express his/her emotions and understand another person’s emotion (empathize).

Required material

One printed emotion thermometer for each family member.

Step-by-step activity:

1.

Print the attached sheet on cardstock.
2.

Cut and paste the drawings as shown.
3.

Show the child how the thermometer works. Say:

“When we are feeling something and we don’t understand or don’t want to express it, we can use the emotion thermometer to let others understand what is happening to us.

The thermometer can move in two different directions:

The first direction, horizontally (from right to left), demonstrates the emotion the person is feeling. For example, if you are very nervous, angry, put the thermometer on the angry monster. If you are very happy, put it on the smiling monster.

The second direction, vertically (top to bottom), demonstrates the intensity of the emotion you are feeling. For example: If you are very happy, your thermometer will probably show a high score such as “8”, “9” or even the highest score “10”.

This will help you demonstrate how you are feeling even if you don’t want to talk to anyone about it and recognize how others are feeling as well. Would you like to give it a try? ”
4.

This activity can help the child express him/herself and the adult to show ways of how to deal with that emotion. For example, when the child is sad, the adult may ask him/her to talk about what happened or even to give him/her a warm hug.

NOTE: The adult may always ask how the child is feeling and ask to see their “emotion thermometer”. This will enable the family to better understand how each family member feels and to choose the best way to deal with that emotion.

Emotion Thermometer

EMOTION THERMOMETER

Intensity

HAPPY

SAD

AFRAID

DISGUSTED

ANGRY

SURPRISED

CONFUSED

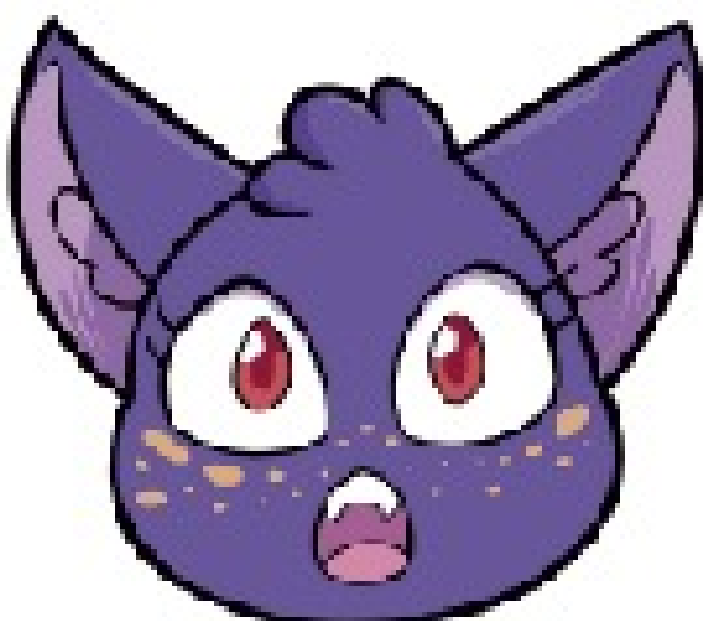














Paste

1

2

3

4

5

6

7

8

9

10

Paste

Today I'm feeling...