

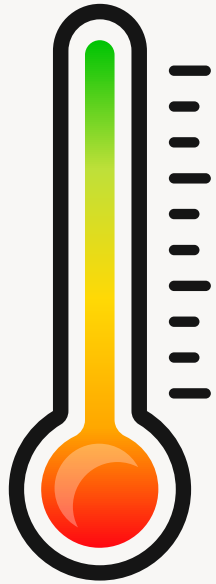
# MY EMOTION THERMOMETER

WHAT'S MY COLOR TODAY?

- I slept well last night.
- I ate my meals today.
- I drank enough water.
- I brushed my teeth.
- I felt happy this morning.
- I played or had fun today.
- I was kind to someone today.

- Green: Yes! / I did great
- Yellow: A little / So-so
- Orange: Not much
- Red: Not at all / Had a hard time

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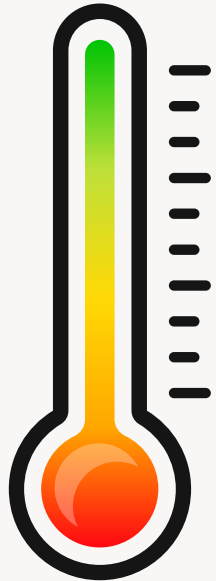
# MY EMOTION THERMOMETER

WHAT'S MY COLOR TODAY?

- I was kind to someone today.
- I felt calm most of the day.
- I listened carefully at school or home.
- I tried my best in what I did.
- I helped someone today.
- I felt proud of myself.
- I used kind words when I spoke.

- Green: Yes! / I did great
- Yellow: A little / So-so
- Orange: Not much
- Red: Not at all / Had a hard time

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# MY EMOTION THERMOMETER

WHAT'S MY COLOR TODAY?

- I stayed focused when doing tasks.
- I felt safe and comfortable today.
- I took deep breaths when I felt upset.
- I got along well with my friends or family.
- I kept my things tidy.
- I said "thank you" or showed good manners.
- I felt loved today.

- Green: Yes! / I did great
- Yellow: A little / So-so
- Orange: Not much
- Red: Not at all / Had a hard time

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