

# emotion thermometer

hello!

We all sometimes feel that things get too much for us.

There is nothing wrong with feeling like this.

We can learn to cope with our feelings and avoid most meltdowns.

We can learn how to chill.

With FASD it isn't easy  
This thermometer might help.

There are lots of steps between being calm and meltdown (flipping your lid).

We can learn strategies to chill and put the lid back on.

It's especially important to think about what's happening when we feel

**good.**



# what helps when things heat up?

blast off

fizzy

bubbly

something happening

calm

what can you do?

what can others do?



write or draw some ideas  
you can do this alone or with an adult

# what does it feel like?

blast off

fizzy

bubbly

something  
happening

calm



write or draw some ideas  
you can do this alone or with an adult

# what helps things cool down?

**blast off**

**fizzy**

**bubbly**

**something happening**

**calm**

**what can you do?**

**what can others do?**



write or draw some ideas  
you can do this alone or with an adult