

# Emotion thermometer



- 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 emotion thermometer good.

Look at this video about flipping your lid



<https://fasd.me/funzone/games-and-activities/brain-house/>





# What does it feel like?

Write or draw some ideas.  
You can do this alone or with an adult

**BLAST OFF!**

fizzy

bubbly

something happening

calm







# What helps?

Write or draw  
some ideas.  
You can do this  
alone or with an  
adult



What can **you** do?

What can **others** do?